



# MARYVILLE CITY SCHOOLS COORDINATED SCHOOL HEALTH

## Guidelines for Health Screening Referrals



Maryville City Schools participate in a mass public health screening as encouraged by the Tennessee Department of Education Office of Coordinated School Health. *Only* a health care provider, after thorough assessment, may diagnose a child.

### Body Mass Index:

TCA 49-6-1404

A recommendation for a referral is made if a student is above the 85<sup>th</sup> percentile or below the 5<sup>th</sup> percentile.

- Body mass index is calculated by inserting a child’s height and weight into a formula specific to a child’s age and gender; the result can be used as one measure of body fat composition.
- According to the Centers for Disease Control, “Although BMI is used to screen for overweight in children and teens, BMI is not a diagnostic tool.” In other words, a high BMI does not necessarily mean a child is overweight.
- To determine whether a child has excess body fat, further assessments such as skinfold thickness measurements, the child’s diet, physical activity level, and family history should be conducted by the health care provider.
- Eating disorders that can cause underweight such as anorexia nervosa and bulimia nervosa are complex conditions. All eating disorders require treatment from a health care provider.

### Body Mass Index Chart for Children and Adolescents

Weight Status Category	Percentile Range
Underweight	Less than the 5 <sup>th</sup> percentile
Healthy weight	5 <sup>th</sup> percentile to less than the 85 <sup>th</sup> percentile
At risk of overweight	85 <sup>th</sup> to less than the 95 <sup>th</sup> percentile
Overweight	Equal to or greater than the 95 <sup>th</sup> percentile

### Nutrition Tips

- Healthy eating in childhood and adolescence is important for proper growth and development, and it helps prevent various health conditions. The Dietary Guidelines for Americans, 2020–2025, recommend that people aged 2 years or older follow a healthy eating pattern that includes the following:
  - A variety of fruits and vegetables
  - A variety of protein foods
  - Fat-free and low-fat dairy products
  - Oils
  - Whole grains
- Healthy eating can help individuals achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing the following health conditions:
  - Cancer
  - Dental caries (cavities)
  - Heart disease
  - High blood pressure
  - Iron deficiency
  - Osteoporosis
  - Type 2 diabetes

For more information, visit <https://www.cdc.gov/healthyschools/nutrition/facts.htm>.

### Physical Activity Tips

- *The Physical Activity Guidelines for Americans, 2nd edition* recommend that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily. In addition to being fun for children, regular physical activity has many health benefits, including:
  - Decreasing blood pressure
  - Helping with weight management
  - Increasing self-esteem
  - Reducing stress and anxiety
  - Strengthening bones

For more information, visit <https://www.cdc.gov/healthyschools/physicalactivity/index.htm>.

### Blood Pressure:

The normal range of BP is determined by body size, gender, and age.

#### *Definitions of BP Status and Categories for Children and Adolescents*

BP Category	For Children Aged 1-13 years	For Children Aged ≥13 years
Normal BP	<90th percentile	<120/<80 mm Hg
Elevated BP	≥90 percentile to <95th percentile or 120/80 mm Hg to <95th percentile (whichever is lower)	120/<80 to 129/<80 mm Hg
Stage 1 HTN	≥95th percentile to <95 percentile +12 mm Hg, or 130/80 to 139/89 mm Hg (whichever is lower)	130/80 to 139/89 mm Hg
Stage 2 HTN	≥95th percentile + 12 mm Hg, or ≥140/90 mm HG (whichever is lower)	≥140/90 mm Hg

### Hearing:

A recommendation for a referral is made if the level of response is above 25dB on any of the three Hertz levels of 1000, 2000, and 4000.

- A student is rescreened if he/she fails one or more frequencies in one or both ears. If the student fails the second screening, a recommendation for a referral is made.

### Scoliosis:

The student is asked to stand straight, and then bend forward while the examiner looks from the front, the back and the side. The screener looks for obvious curves, rib humps, uneven shoulders, waist or hips. The examiner makes the recommendation for referral.

### Vision:

TCA 49-6-5004

Failure in one or more of the following areas is confirmed by a second screening:

- An acuity of 20/40 or less in either eye for distance or near vision for preK
- An acuity of 20/30 or less in either eye for distance or near vision for grades K-12

If the student fails the second screening, a recommendation for a referral is made.

### Dental:

Parents/guardians of students with visibly decayed and/or fractured teeth, tooth pain, swelling and/or bleeding gums are notified and recommended to follow up with a dental provider.

***Should any student need assistance with finding a health care provider, please contact Dr. Heather Ledbetter, Maryville City Schools CSH Coordinator, at 865-982-7121.***