



Oxford Area School District

Penn's Grove Middle School

## **BMI Information for Parents and Students**

The Pennsylvania Public School Code requires certain school health services for all children of school age, regardless of the school setting.

**28 Pa. Code, Chapter 23, Section 23.7** - School Health Regulations of the Pennsylvania Department of Health implement the Public School Code. These regulations require annual height and weight measurements and that effort be made to determine the growth pattern of each child.

**Grades to be screened:** K-12 annually

In early 2003, the Department of Health unveiled the Pennsylvania Nutrition and Physical Activity Plan to Prevent Obesity and Related Chronic Diseases. One of the goals of this plan is to increase parent/guardian awareness of the BMI-for-Age measure as a screening tool to assess growth patterns in children and youth.

Growth screening enables school health professionals to:

- Monitor growth and development patterns of students
- Identify students who may be at nutritional risk or who may have a common nutritional problem
- Notify parents/guardians of screening results with a recommendation to share findings with the student's health care provider for further evaluation and intervention, if necessary.

**NOTE: BMI should be considered a screening tool and not a definitive measure of overweight and obesity as the indicator does have limitations. For example, athletes, dancers and other physically active students may have a high BMI due to their increased muscle mass, which weighs more than fat mass.**

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## Additional Resources for Parents and Students

Healthy weight – It's not a diet - It's a lifestyle – Below are some great resources for parents and students.

For information about the consequences of childhood obesity, its contributing factors and more, see [Tips for Parents – Ideas and Tips to Help Prevent Childhood Obesity](#) on the CDC Website.

<http://www.cdc.gov/healthyweight/children/index.html>

<http://www.cdc.gov/healthyweight/tools/index.html>

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

[http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html)

### References

Pennsylvania Department of Health and Human Services. (2014). *Mandated School Health Program*. Retrieved from

[http://www.portal.state.pa.us/portal/server.pt/community/schools/14130/mandated\\_school\\_health\\_program\\_\(exams\\_screens\)/556692](http://www.portal.state.pa.us/portal/server.pt/community/schools/14130/mandated_school_health_program_(exams_screens)/556692)

Centers for Disease Control and Prevention. (2014). *Body Mass Index*. Retrieved from

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

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## **BMI Información para padres y estudiantes**

El Código de escuelas públicas del estado de Pennsylvania (The Pennsylvania Public School Code ) requiere ciertos servicios de salud para estudiantes de cualquier edad, sin importar la situación escolar.

**28 Pa. Code, Chapter 23, Section 23.7** - Normas de Salud Escolar del Departamento de Salud del estado de Pennsylvania aplica el Código de Escuelas Públicas. Estas normas requieren que se tomen medidas anuales de altura y peso y con el esfuerzo de determinar patrones de crecimiento de cada niño.

**Grados que serán examinados:** K-12 anualmente

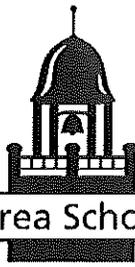
A principios del 2003, el Departamento de Salud expuso el Plan de Nutrición y Actividad Física para prevenir la obesidad y enfermedades crónicas relacionadas. Una de las metas de este plan es aumentar el conocimiento de los padres/guardines sobre la medida del Índice de Masa Corporal como una herramienta de detección que se usa para evaluar los patrones de crecimiento niños y jóvenes.

La evaluación de crecimiento permite a los profesionales de la salud escolar:

- Supervisar los patrones de crecimiento y desarrollo de los estudiantes
- Identifica a estudiantes que podrían estar en riesgo nutricional o que podrían tener un problema nutricional común.
- Notifica los resultados de la evaluación a los padres/guardines con una recomendación para compartir el resultado con el proveedor de salud por si es necesario una evaluación adicional y una intervención.

**NOTA:** La medida del Índice de Masa Corporal debe considerarse como una herramienta de detección y no como una medida definitiva sobre la obesidad y el sobrepeso ya que el indicador tiene limitaciones. Por ejemplo, los atletas, bailarines y otros estudiantes físicamente activos pueden tener un índice alto de masa corporal debido al aumento de su masa muscular, la cual pesa más que la masa de grasa.

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## Recursos Adicionales para Padres y Estudiantes

El peso saludable- No es una dieta- Es un estilo de vida- Debajo encontrara algunos recursos para los padres y estudiantes.

Par información sobre las consecuencias de la obesidad infantil, los factores contribuyentes y mas, vea [Tips for Parents – Ideas and Tips to Help Prevent Childhood Obesity](#) en CDC Website.

<http://www.cdc.gov/healthyweight/children/index.html>

<http://www.cdc.gov/healthyweight/tools/index.html>

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

[http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html)

### Referencia

Pennsylvania Department of Health and Human Services. (2014). *Mandated School Health Program*. Retrieved from [http://www.portal.state.pa.us/portal/server.pt/community/schools/14130/mandated\\_school\\_health\\_program\\_\(exams\\_screens\)/556692](http://www.portal.state.pa.us/portal/server.pt/community/schools/14130/mandated_school_health_program_(exams_screens)/556692)

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