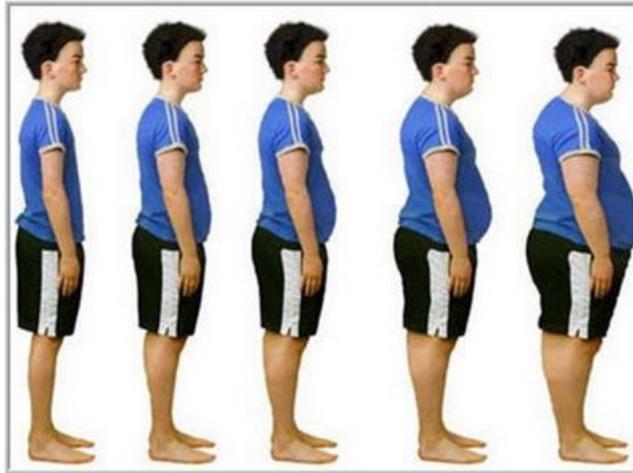


Body Mass Index



Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

It is mandated by the state that the school perform BMI screenings during the growth screenings every year. Parents of students at Williamsburg Community School District are then notified by mail of their child's BMI. If you should ever have any questions regarding these screenings or specific concerns about your child's BMI, please do not hesitate to call the school nurse.

You can find a wealth of information regarding BMI, healthy weight, and a body mass calculator for adults and children at the following website:

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

For more information regarding BMI, nutrition, and activity ideas, visit the Pennsylvania Advocates for Nutrition and Activity at:

<http://www.panaonline.org>