

AVON LAKE CITY SCHOOLS  
175 Avon Belden Rd.  
Avon Lake, Ohio 44012



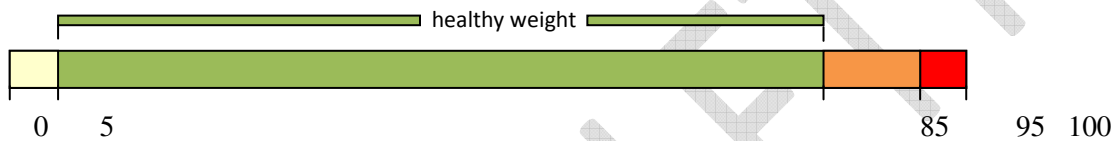
Dear Parent or Guardian:





Your child, \_\_\_\_\_, recently was weighed and measured for height as part of Avon Lake City Schools Body Mass Index (BMI) screening program. This program is required by Ohio's Healthy Choices for Healthy Children Act of 2010.

BMI screening is a way of checking to see if your child has a healthy weight. The results of the screening, given as a "percentile," compare your child's height and weight to those of other children of the same age and sex. Your child's BMI is being shared only with you. No one else will see these results.

Your child's results were:

Height: \_\_\_\_\_ ft. \_\_\_\_\_ in.      Weight: \_\_\_\_\_ lbs.      BMI Percentile: \_\_\_\_\_



-  Underweight – less than the 5th percentile
-  Healthy weight – 6th percentile to the 85th percentile
-  Overweight – 86th percentile to the 95th percentile
-  Obese – 96th percentile or greater

If your child's BMI is below the 5th percentile, he or she may be underweight. If your child's BMI is above the 85th percentile, he or she may be overweight or obese. If your child is not in the healthy weight range, you should talk with your child's doctor. He or she can give you ideas about how to help your child get to a healthy weight. Your child's weight category is:

- Underweight
- Normal weight
- Overweight
- Obese

You may have talked about your child's weight with your doctor before, but you can use these screening results to talk with the doctor again. If your child does not have a regular doctor or does not have health insurance, please contact me for possible assistance at the number below.

BMI may not tell the whole story about your child's weight. Other things can affect your child's BMI. For example, a BMI screening cannot tell the difference between muscle and fat. An athletic child with a lot of muscle may have a high BMI, but not be overweight.

You can also learn more at the U.S. government's *Let's Move* website, <http://www.letsmove.gov>, for ideas on how to eat better and move more. If you have any questions, please call me at \_\_\_\_\_.

Sincerely,

Sara Curtan, R.N.

SAMPLE LETTER