Dear Parent/Guardian,

Your child, ________________, was measured at school for height and weight. This was done as part of the school’s ________ program. I sent a letter about that program on (_______date). The height and weight help us get a body mass index (BMI). BMI is used by doctors and nurses to help identify underweight, normal weight, overweight, and obesity in children. These are the percents used:

- Underweight: BMI less than 5%
- Within normal range: BMI 5% to 84%
- Overweight: BMI 85% to 94%
- Obese: BMI greater than or equal to 95%

Your child’s results showed:

- Height __________
- Weight __________
- BMI-for-age percent __________

BMI can be affected by increased muscle from sports or physical activities and family history.

Your child’s healthcare provider is the best person to say whether his or her measurements are within a healthy range.

If your child is in the overweight/obese area by BMI result, I will be contacting you soon. I will ask you to share the results with your child’s healthcare provider. The healthcare provider may recommend changes in eating, physical activity or other areas.

Please call me if you have any questions or concerns about the results of this BMI measurement.

Sincerely,

[SCHOOL NURSE NAME HERE]   School Nurse

Phone______________

Figure 29.4  Sample letter to parents reporting BMI testing results. (Reprinted with permission from the National Association of School Nurses–School Nurse Childhood Obesity Prevention Education [S.C.O.P.E.], [2009]. Silver Spring, MD: NASN.)