

LINE MOUNTAIN SCHOOL DISTRICT

Line Mountain Middle/High School

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Line Mountain Elementary School

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Dear Parent/Guardian:

The Pennsylvania Department of Health mandates that all Pennsylvania schools are required to annually conduct height and weight measurements and calculate Body Mass Index (BMI). Your child was measured for height and weight as part of the annual school health growth screening program. A Body Mass Index (BMI) for Age percentile was calculated which is used to screen for weight categories that may lead to health problems.

Your child's height and weight measurements along with their calculated BMI can be viewed through the parent portal for your convenience. If you would prefer to receive a hard copy of the measurements and results, please notify your child's school nurse and they will provide that for you.

BMI less than 5th percentile – Underweight

BMI from 5th percentile to less than 85th percentile – Healthy Weight

BMI from 85th percentile to less than 95th percentile – Overweight

BMI equal to or greater than 95th percentile – Obese

Sources: Centers for Disease Control and Prevention (CDC) and U.S. Department of Health

What are health risks of being overweight or obese?

- Increased risk of being overweight or obese as an adult.
- Increased risk for health conditions such as diabetes, heart disease, asthma, and high blood pressure.

Here are some suggestions for your family to reach and/or maintain a healthy weight.

- Increase physical activity and limit screen time.
- Serve water instead of drinks with added sugar.
- Eat a variety of fruits and vegetables every day.
- For more tips, visit www.pennstatehershey.org/PROwellness

For more information about BMI, visit www.cdc.gov/healthyweight/assessing/bmi or contact the School Nurse.

Many factors, including sports participation or family history, can influence height and weight in children and adolescents. ***BMI should be considered a screening tool and not a definitive measure of overweight and obesity as the indicator does have limitations.*** Your child's health care provider is the best person to evaluate whether or not their measurements are within a healthy range.

If you have any questions, please contact your child's school nurse.

Respectfully,
Line Mountain School District School Nurses