

Assessment of BMI for Age-At Risk for Overweight Procedure

Purpose

This document tells site/center teams how to decide if a child needs follow up regarding Body Mass Index (BMI) and what steps to take when a child is identified as overweight or obese.

Guidance

A child's BMI is a calculation that considers weight, height, gender and age. BMI is an indicator of body fatness and is used to screen for underweight and overweight children age two and older. Children with a BMI between the 85-94th percentile are considered overweight, and obese if they are at the 95th percentile or higher. Reassure parents that BMI is an indicator that a child's growth may need to be monitored. Drastic measures regarding changes in eating are usually not necessary.

Procedure

This is the 3-step process to identify, document and monitor children who are identified as overweight or obese.

1. Identify

Identify children at risk for BMI > 85th percentile within 45 days of enrollment.

- Head Start Sites: Review growth charts generated from PSESD.
- ECEAP sites: Input student data in Epi Info or Kids Health and generate growth grids.

Links to Epi Info and Kids Health are:

<http://www.cdc.gov/epiinfo/index.html>

<http://kidshealth.org/en/parents/bmi-charts.html?WT.ac=ctg#catbmi-tools>

Please note: You cannot save data in Kids Health. If you use this program, you will need to enter both sets of data in the spring to generate a growth grid that shows both measurements. When entering spring data, you must first enter child's fall height and weight, select calculate BMI and then click "add entry" to input measurements for spring. This will allow you to generate a growth grid with both measurements.

2. Document

Document children with a BMI > 85th percentile within 45 days of entry date.

- Review talking points about child weight status prior to conversation with the family. See link in resources below.
- Contact the family to tell them their child's BMI and discuss plans to address concern. Include the following:
 - Review the *Health & Developmental History* and recommend changes that promote healthy food choices/eating patterns and exercise.
 - Ask if the child has been referred to WIC or to a Registered Dietitian by their health care provider.
 - If a child is not enrolled in WIC, then explain the program and encourage the family to enroll their child.

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- Share the child's growth grid with the family and encourage them to follow up with their health care provider.
- Document the family discussion here -
 - Head Start: Child and Family File
 - ECEAP: ELMS
- Share the child's growth status and plans with team members.

3. Monitor

- Continue to work with the family to make changes that promote healthy choices, eating patterns and exercise.
- Request consultation with the Regional Nutrition Coordinator if the family wants increased intervention.

Related Documents

Health & Developmental History

Nutrition Request for Consultation

Talking to Parents and Guardians About Children's Weight Status Guidance

Resources

See Health, Nutrition & Safety Resource Hub for related information

<http://www.cdc.gov/epiinfo/index.html>

This site provides detailed instruction for downloading and use of Epi Info. It includes instruction for Windows, mobile devices as well as Web and Cloud use.

<http://kidshealth.org/en/parents/bmi-charts.html?WT.ac=ctg#catbmi-tools>

This calculator is for children and teens between 2 and 20 years old. It allows you to calculate a child's body mass index (BMI) and see how it compares to others of the same age and gender. The calculator also gives you the option of entering multiple sets of measurements so you can view BMI as a trend over time. A trend may suggest whether a person is losing or gaining weight at a healthy rate.

How to Get Your Kid to Eat... But Not Too Much

Written by Ellyn Satter, MS, RD, this book is an excellent resource for professionals and parents to better understand the dynamics of feeding children.

www.choosemyplate.gov

Developed and maintained by USDA, this website has a wide variety of information on nutrition, exercise and health. Tip sheets for parents are available in English and Spanish on many topics.

Help Your Child Stay at a Healthy Weight

Short flyer provides easy to follow ideas on helping overweight children make healthy food choices. Available by <http://healthfinder.gov/HealthTopics/Category/parenting/nutrition-and-physical-activity/help-your-child-stay-at-a-healthy-weight>

<http://www.multicare.org/mary-bridge-5210/>

Ready, Set, Go! 5-2-1-0 is a site devoted to the promotion of healthy living. Tips and ideas for child care centers and families to use the concepts of eating five or more fruits/veggies daily, limiting screen time, increasing physical activity and limiting sugary drinks are provided. Many resources and printable teaching tools included.

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<http://www.letsmove.gov/resources>

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. *Let's Move!* materials can be easily distributed as part of a newsletter, web site post, or to attendees of an event or rally.

<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

Provider handbook offering suggestions for CACFP providers to help children and families adopt healthy eating and active play behaviors. Materials are targeted towards curbing the increase in childhood obesity and to help children attain their educational potential.