





Growth Screening

Date: _____

Dear Parent/Guardian:

On _____ your child was weighed and measured in school and his/her BVMI (body mass index) was recorded. BMI-for-age percentile was calculated using your child's BMI and comparing it to that of other children of the same age and sex. These measurements are used to screen for weight categories that may lead to health problems. Keep in mind that checking a child's growth over time is more important than a one-time measurement and it is necessary for all children, regardless of BMI, to be active and to eat healthy.

Results for (**CHILD'S NAME**):

| Underweight | | | |
|--|--|---|--|
| Less than the 5 th percentile | 5 th up to the 85 th percentile | 85 th to less than the 95 th percentile | Equal to or greater than the 95 th percentile |
|  |  |  |  |

Height is ____ ft. ____ inches and weight is ____ pounds

If your child is not in a healthy weight category, it is recommended that you schedule a visit with his/her healthcare provider and share these results.

Being overweight or obese poses several health risks including diabetes, heart disease, asthma, high blood pressure, and poor self-esteem.

Some ways to help your family maintain a healthy weight include being active and limiting screen time, avoiding sugary drinks, and eating a variety of fruits and vegetables. For more information, you can visit the PA [Department of Health Home](#).

If you have any questions, please contact _____

Title: _____

Phone/e-mail: _____





Uchunguzi wa Ukuaji

Tarehe: _____

Mzazi/Mlezi Mpendwa:

Mnamo _____, mtoto wako alipimwa shuleni na BVMI yake (kiolezo cha uzito wa mwili) ilirekodiwa. BMI kwa asilimia ya umri ilikokotolewa kwa kutumia BMI ya mtoto wako na kuilinganisha na ile ya watoto wengine wa rika na jinsia sawa. Vipimo hivi hutumika kuchunguza kategoria za uzito ambazo zinaweza kusababisha matatizo ya kiafya. Kumbuka kwamba kuangalia ukuaji wa mtoto kwa muda ni muhimu zaidi kuliko kipimo cha wakati mmoja na ni muhimu kwa watoto wote, bila kujali BMI, kufanya mazoezi na kula vyakula vyenye afya.

Matokeo ya (**JINA LA MTOTO**):

| Uzani wa chini | Uzani Mzuri. | Uzani mkubwa | Unene Kupita Kiasi |
|--|--|---|--|
| Chini ya asilimia ya 5 | Asilimia ya 5 hadi asilimia ya 85 | Asilimia ya 85 th hadi chini ya asilimia ya 95 | Sawa na au kubwa kuliko asilimia ya 95 |
|  |  |  |  |

Urefu ni futi ____ inchi ____ na uzito ni ratili _____

Ikiwa mtoto wako hayupo katika kategoria ya uzani wenye afya, inashauriwa upange ziara na mtoa huduma wake wa afya na ushiriki matokeo haya.

Kuwa na uzito au unene kupita kiasi huleta hatari kadhaa za kiafya ikiwemo ugonjwa wa kisukari, ugonjwa wa moyo, pumu, shinikizo la damu, na kutoweza kujithamini.

Njia kadhaa za kusaidia familia yako kudumisha uzani mzuri inajumuisha kufanya mazoezi na kupunguza muda wa kutumia Vifaa, kuepuka vinywaji vyenye sukari na kula aina mbalimbali za matunda na mboga. Kupata maelezo zaidi, unaweza kutembelea [Idara ya Afya Nyumbani ya PA](#).

Iwapo una maswali yoyote, tafadhali wasiliana na _____

Cheo: _____

Simu/barua pepe: _____