





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: _____





成长筛查

日期： _____

尊敬的家长/监护人：

_____ 日，您的孩子在学校进行了称重和测量，并对其体重指数（BMI）进行了记录。BMI 的年龄百分位数是用您孩子的 BMI 与其他同龄和同性别儿童的 BMI 进行比较并计算得出的。这些测量用于筛查可能导致健康问题的体重类别。请记住，随着孩子的成长进行跟踪检查，要比一次性测量更为重要。所有儿童，无论体重指数如何，都必须积极活动和健康饮食。

（ 儿童姓名 ）的测量结果：

体重不足	健康体重	体重超标	肥胖
低于第 ⁵ 百分位	第 ⁵ 至第 ⁸⁵ 百分位	第 85 至不超过第 95 百分位	第 ⁹⁵ 百分位及以上
			

身高： _____ 英尺 _____ 英寸； 体重： _____ 磅

如果您的孩子不属于健康体重类别，建议您安排与孩子的医疗保健提供方会面，并将测量结果告知对方。

超重或肥胖会带来多种健康风险，包括糖尿病、心脏病、哮喘、高血压和自卑。

一些方法可以帮助您的家人保持健康体重，包括：积极活动和限制电子产品使用时间，避免喝含糖饮料，以及摄入各种水果和蔬菜。了解更多信息，您可以访问 PA [健康家庭署 \(Department of Health Home\)](#)。

如有任何疑问，请联系： _____

职务： _____

电话/电子邮箱： _____