

SCHOOL: _____ PHONE: _____ FAX: _____

To the parents of: _____ Gr/Rm _____ Date _____

You are probably aware of recent publicity and public health concern regarding children's health and increased obesity in our country. We recently weighed and measured the children in 5th grade to determine how they were growing. At a recent screening I found the following:

Ht: _____ Wt: _____ Blood pressure: _____
Body Mass Index (BMI): _____ This is _____ on the BMI growth chart
Acanthosis nigricans: _____ (dark velvety textured skin at the base of the neck)



A body mass index (BMI) is a height to height ratio. A child with a BMI greater or equal to the 95th percentile is considered overweight. Being overweight can increase a child's future risk of having high blood pressure, changes in blood laboratory values, and Type 2 Diabetes. There are a number of factors that place youth at risk for Type 2 Diabetes in childhood.

1. Ancestry - African American, Native American Indian, Hispanic American and Pacific Islander.
2. Overweight – **BMI of 25 or higher.**
3. Having relatives with Type 2 Diabetes.
4. Gender – more girls than boys seem to get Type 2 Diabetes in childhood.
5. Acanthosis nigricans (AN) a term used to describe brownish-black, velvety skin usually found on the back of the neck, armpits, or the thighs.

Habits for Maintaining a Healthy Life-style and Weight:

1. **Eat when hungry.** Stop when comfortably satisfied, **before** you are full.
2. Drink **water** or low-fat or fat-free **milk**. (Soda and juice for special occasions only.)
3. Increase **fruits** and **veggies**. Daily goal is **4 servings** of **fruit** and **5 servings** of **vegetables** per day. A serving is the size of your palm.
4. **Limit TV** watching: No more than **2 hours of TV**/other recreational screen time per day (PlayStation/Wii).
5. **Increase physical activity:** Riding bikes, jumping rope, outside play, skateboarding, shooting hoops, etc. Goal is **60 minutes** of moderate to vigorous physical activity per day.
6. **“Fast Food” for special occasions only.**
7. Adults- **Be Role Models!!** Become physically active with your children and choose healthy foods for yourselves. Eat those fruits and veggies, too!
8. **EAT BREAKFAST DAILY!** This helps the body burn calories more efficiently all day.
9. Have a **Routine Bedtime** with 8-10 hours of uninterrupted sleep each night.



No single number can define your child as being overweight. Other factors such as body make-up, genetics and ancestry must be taken into consideration. I encourage you to discuss this information with your healthcare provider. Children should not be placed on a diet without consulting a healthcare professional.



If you would like to improve your child's weight and change the way that they eat, ask your health care provider about a referral to OPT for healthy living. This is a Chico based program designed to help families improve the health and fitness of their children.

Please contact me at _____ if you would like more information about OPT or have questions about the above information.

Sincerely,

CUSD School Nurse