

SCHOOL: _____ PHONE: _____ FAX: _____

Growth Summary

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

You are probably aware of recent publicity and public health concern regarding children's health increased obesity in our country. We recently weighed and measured the children in our school to determine how they were growing.

Ht _____ inches

Wt _____ pounds

Body Mass Index (BMI) _____ This is _____ on the BMI growth chart

Acanthosis nigricans _____ (dark velvety textured skin at the base of the neck)



To help children grow up with fewer health risks (such as, Diabetes, Heart Disease, High Blood Pressure, High Cholesterol and increased problems with Asthma) we are encouraging students to develop healthy habits that will help them keep their weight right where it is while they continue to grow. Below are a few tips to help your family do this:



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).
3. Increase fruits and vegetables.
4. Limit TV watching. (No more than 2 hours of TV/other recreational screen time per day (Play tation/Wii, etc.)
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. Because physically active

You should make an appointment with the doctor if:

- There is a family history of Diabetes, Obesity, High Blood Pressure, Heart Attack or Stroke
- There is worsening Asthma, Difficulty Breathing with exercise, or Emotional Difficulties
- You are practicing these healthy habits and your child continues to gain weight.

If you have any questions please do not hesitate to call me at the number below.



Sincerely,

CUSD School Nurse