

Letter sent to parents of a child whose weight is equal to or above the 95th percentile of CDC guidelines for gender- and age-specific BMI.

EAST PENN SCHOOL DISTRICT

800 Pine St.
Emmaus, PA 18049
610-966-8300

Dear Parent / Guardian,

Your child had his / her height and weight measured as part of the state mandated health screening for all enrolled students.

Based on these measurements, your child's BMI (Body Mass Index) is equal to or above the 95th percentile for age and gender. Please refer to the attached graph. You may wish to share this information with your family health care provider.

The following is a statement from the American Academy of Pediatrics,

“We recommend that children and adolescents with a BMI greater than or equal to the 95% for age and sex should undergo an in-depth medical assessment.”

Overweight children and teens are at increased risk for diabetes, heart disease, high blood pressure, and joint problems.

The East Penn School District is concerned with the wellness / fitness of all our students. It is our responsibility to ensure that we do everything possible to maintain or improve the well-being of the children who attend our schools. We encourage you to contact our office with any questions you may have. We also have materials concerning wellness/fitness available to you.

Please be informed that the information that is presented to you is treated with the strictest confidentiality. This information has not been discussed with your child.

School Nurse: _____

School: _____

Telephone: _____