



# CSNT HEAD START

Dear Parent of \_\_\_\_\_ Date \_\_\_\_\_

Your child has received and passed screenings for:

\_\_\_\_\_Hearing

\_\_\_\_\_Vision

\_\_\_\_\_Height

\_\_\_\_\_Weight

\_\_\_\_\_Blood Pressure

One of the goals for Head Start is to assist families in helping children grow and stay healthy. Every Head Start child is weighed and measured twice during the program year (in the fall and again in the spring) to provide parents with information about their child’s growth.

**Body Mass Index (BMI) is a screening tool used to identify children who are Underweight, At Risk of Overweight, Normal or Overweight. It is considered normal for a child’s weight to equal a BMI-for-age between the 5<sup>th</sup> to 84<sup>th</sup> percentiles.**

**To help you understand your child’s BMI, the Center for Disease Control (CDC) has listed the criteria by percentiles below:**

Anthropometric Index	Percentile Cut-off Value	Nutritional Status Indicator
<input type="checkbox"/> BMI-for-Age	Less than 5 <sup>th</sup> percentile	Underweight
<input type="checkbox"/> BMI-for-Age	Between the 5 <sup>th</sup> & 84 <sup>th</sup> percentile	Normal Weight
<input type="checkbox"/> BMI-for-Age	Greater than or equal to 85 <sup>th</sup> & less than 95 <sup>th</sup> percentile	At Risk of Overweight
<input type="checkbox"/> BMI-for-Age	Greater than or equal to 95 <sup>th</sup> percentile	Overweight

**On recent measurements at Head Start, your child’s BMI result indicates one of the following screening criteria:**

\*Underweight

\*Normal Weight

\*At risk of Overweight

\*Overweight

**The box marked with an “X” indicates your child’s individualized BMI and his/her growth chart are attached for your reference. We suggest that you share this information with your child’s health care provider.**

Please call our Nutrition Manager, Susan Horner at 903-756-5596 ext.27, if you have questions or concerns about your child’s BMI results.

Head Start Family Service

Revised 11/1/18

Original-Parent, Copy-Family File