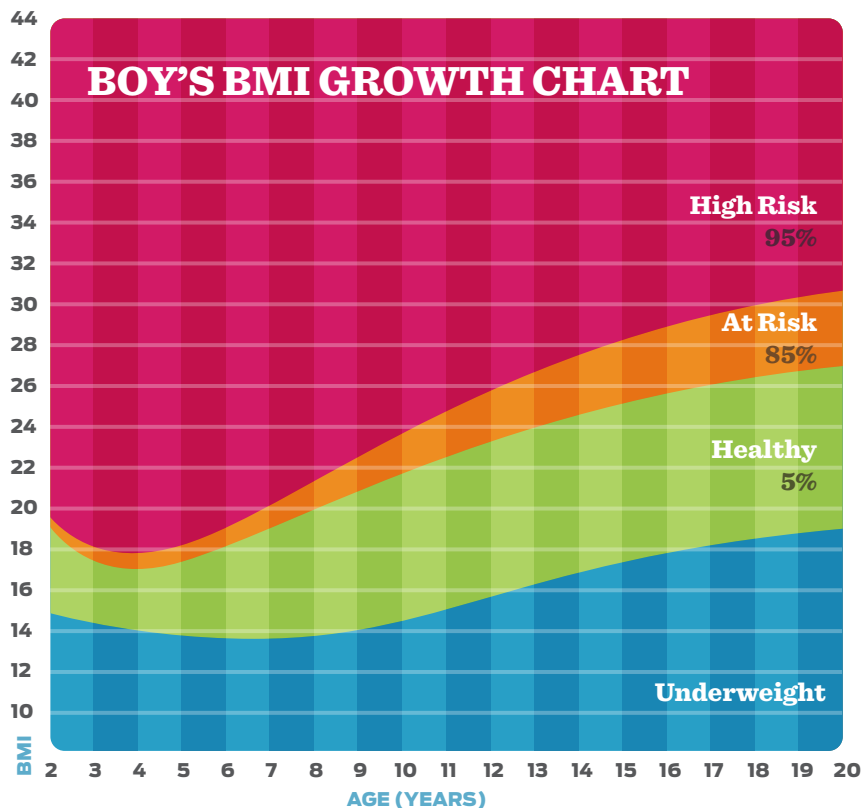


Your Child's Growth

HELPING CHILDREN DEVELOP HEALTHY LIFESTYLES

Doctors screen children for growth problems using a number called body mass index or BMI. BMI is calculated from weight and height and, for children, plotted on the BMI growth chart. The percentile rank on the chart helps doctors to estimate body fat and determine if the child's weight is about right for his height.



HIGH RISK

Children in this zone are at high risk for developing chronic diseases such as diabetes, high cholesterol, high blood pressure and heart disease. This risk goes up if the child's family has a history of these diseases. Your doctor may decide to do some extra tests on your child. Your doctor may also see your child more often to monitor BMI and blood pressure.

AT RISK

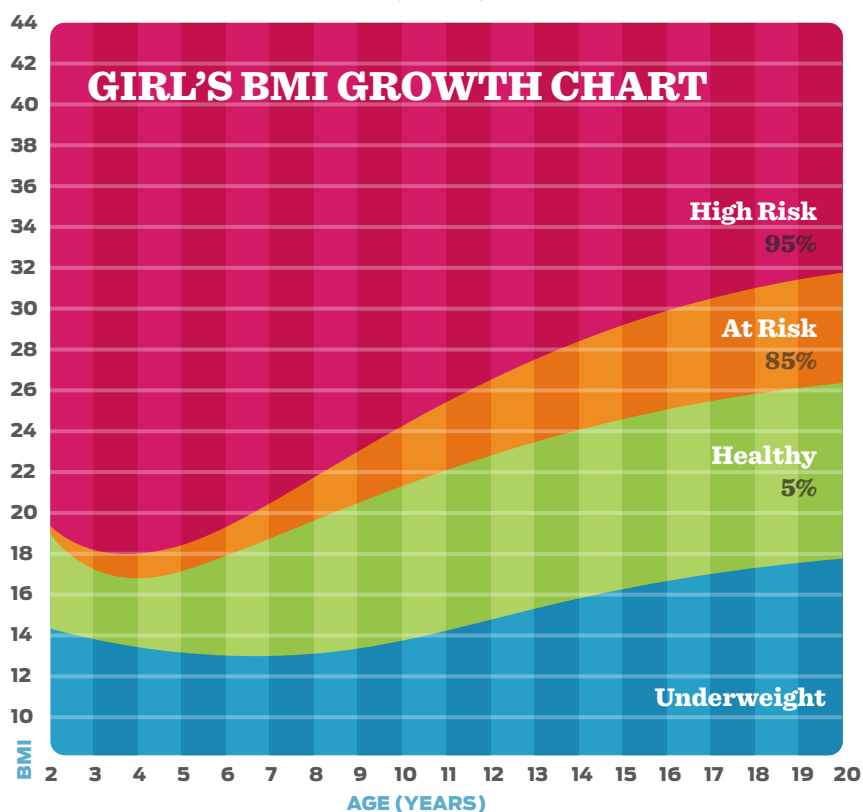
Children in this BMI zone are at risk for developing chronic diseases such as diabetes. Discuss these risks with your child's doctor.

HEALTHY

Great job! Continue to offer your child healthy foods and time to play and move so she or he will stay in this zone.

UNDERWEIGHT

Children in this BMI zone may be underweight. Discuss this with your child's doctor.



BMI REPORT CARD

DATE

CHILD'S NAME

WEIGHT

HEIGHT

BMI

BMI %