# Height, Weight & Body Mass Index (BMI) Measurements

Your child has just completed their Kindergarten Health Check. This included measuring their height and weight with their jumper and shoes removed. Your child’s Body Mass Index has been calculated and written on their results letter. ***Your child was not informed of the results***.

This measurement of height, weight and BMI is a guide to indicate whether a child is above or below their healthy weight range.

* The BMI is an ***approximate*** measure of the best weight for your child’s health
* The ***formula*** used to calculate BMI is the same for adults and children but the ***classification*** is different, taking into account your child’s age and gender
* BMI can identify children who ***may*** be at risk of health problems in childhood and later life

Your result sheet includes a BMI range shown by coloured circles. The in the coloured circle indicates where your child’s BMI sits on the percentile scale for their age and gender.

**If your child’s weight is outside the healthy weight range or if you have concerns about your child’s growth, it is important for you to follow up with your General Practitioner (GP) or a dietitian for further assessment**.

* ACT Health has **dietitians** who can provide tailored assessment and advice on growth and nutrition. Appointments can be made by contacting Community Health Intake on **6207 9977. *This service is free***
* GPs can assess your child’s overall health taking into account family history and their current weight and growth pattern
* Private dietitians can be found using ACT Health’s ***Find A Health Service*** [**http://findahealthservice.act.gov.au**](http://findahealthservice.act.gov.au/)

For all families, a copy of the ACT Health Tuckatalk newsletter, *Healthy Lifestyles for Healthy Bodies,* is enclosed. The newsletter provides information on family eating, healthy food choices and physical activity.

Further information on the Kindergarten Health Check including height, weight and BMI and healthy lifestyles for children can be found at this website

[**https://www.health.act.gov.au/services-and-programs/women-youth-and-children/children-and-youth/school-health**](https://www.health.act.gov.au/services-and-programs/women-youth-and-children/children-and-youth/school-health)

For further assistance please phone the School Health Team on 5124 1585.

# Additional Information about BODY MASS INDEX

The Body Mass Index (BMI) is a snapshot of where your child sits on a BMI growth chart. When you receive a Parent Results letter it **may** indicate that your child’s BMI is outside the Healthy Weight range. Children’s weight and BMI often varies during normal growth and stages of development.

‘*Overweight and obesity are significant issues for some children. If you help children deal with these issues during childhood, they’re less likely to have problems with overweight and obesity later in life’* (raising children.net.au)

If you would like to re-check and monitor your child’s BMI the calculator can be found at: [**https://www.cdc.gov/healthyweight/bmi/calculator.html**](https://www.cdc.gov/healthyweight/bmi/calculator.html)

# For further Resources about helping children maintain a healthy weight;

Capital Health Network ‘Connect up 4 Kids’

[**https://www.chnact.org.au/connect-up-4-kids-family-resources**](https://www.chnact.org.au/connect-up-4-kids-family-resources)

Raising Children Network

[**http://raisingchildren.net.au/articles/childhood\_obesity.html**](http://raisingchildren.net.au/articles/childhood_obesity.html)

Women and Children’s Network, Parenting & Child Health

[**http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=302&i d=1498**](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=302&id=1498)

Better Health Victoria

[**https://www.betterhealth.vic.gov.au/health/healthyliving/obesity-in-childrencauses**](https://www.betterhealth.vic.gov.au/health/healthyliving/obesity-in-children-causes)

Healthy Kids Association

[**http://healthy-kids.com.au/parents/developing-positive-eating-behaviours/**](http://healthy-kids.com.au/parents/developing-positive-eating-behaviours/)

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