

BMI Referrals from Algona Community Schools Health Fair Screenings

Is it ever too early to become aware of underweight or overweight problems? These problems are not easily corrected and are among the most challenging contemporary health problems of ALL ages.

Algona Community Schools School Health Services includes height and weight evaluation in their health fair screenings each fall. From these numbers, BMI is calculated by a computer-based system: <http://keepkidshealthy.com/welcome/bmicalculator>. This program automatically determines what percentile this height, weight and age fall into for each gender. Children that fall into the 5th percentile or less are considered underweight, Children that are at 85th percentile or higher are considered at risk for overweight or overweight. These groups of children are at particular risk for medical issues either at this present time or down the road in the times to come. Medical issues include blood pressure changes, cardiac changes, bone, joint and muscle changes, and issues that relate to self-confidence and self-esteem among others.

We need to ask ourselves as parents if our children's health habits are as good as they need to be. ***Are we as parents helping or hindering good health habits? Are our children getting proper exercise in adequate amounts? Are our children's diets as appropriate as they should be? Are they getting enough fresh fruits and vegetables? Are they eating too much high calorie, low nutrient food?....too much salt?....., too much fat?***

Algona School Health Services makes referrals to parents for these conditions, just as they do for vision concerns, blood pressure concerns, or dental concerns. Parents need to follow up on these issues as they see fit to determine the actual medical effect on the child's health as determined by a health care provider.

For more information, please see other document: Parent referral letter for BMI concerns