**Program Height and Weight Screening**

As a part of the Program’s Health Requirements, height and weight   
measurements are completed on all enrolled children. Body Mass Index (BMI) is a number calculated from a child’s weight and height. According to the Centers for Disease Control and Prevention, BMI is used to screen children for healthy weight, obesity, overweight or   
underweight.

If a child’s Body Mass Index (BMI) is found to be at or above the 95th percentile or at or below the 5th percentile, the program is required to follow-up with parents.

We realize our one measurement does not show the full picture of your child’s health history. For this reason, staff will have conversations with you to learn more about your child’s history of height and weight.

We want to be as supportive as possible because your child’s health is a very important part of overall growth and development. Staff will be able to provide you with more information on related topics and connect you with services as requested.

2/18 P\Head Start\ Admin\Proman\Child\Program Height and Weight Screening