

## Required BMI and Weight Status Category Reporting

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to figure out the students' body mass index or "BMI". The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes in the New York State Education Law require that BMI and weight status category be included as part of the student's school health examination. These exams are required in Pre-K, kindergarten and grades 2, 4, 7, and 10.

The law also directs that the schools report information about our students' weight status groups to the New York State Department of Health. Only summary information is sent (total number of students by sex in the required grade level, and number that are in each weight status category.) No identifying information or information about individual students is sent. However, you may choose to have your child's information excluded from this report.

The information sent to the New York State Department of Health will help health officials develop programs that will make it easier for children to be healthier.

If you do not wish your child's weight status group information included as part of the New York State Health Department's survey, please print and complete this form and send the bottom portion to the nurse at your child's school by May 15, 2008.

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Please do not include my child's weight status information in the school survey.

\_\_\_\_\_  
Print Child's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent's Name

\_\_\_\_\_  
Parent Signature