



SCHOOL WELLNESS PROGRAM

SAFEGUARDS: BMI SCREENING

THIS DOCUMENT IS TO BE USED AS A GUIDANCE TOOL IN DEVELOPING BMI SCREENING SAFEGUARDS FOR SCHOOL WELLNESS PROGRAMS.

Procedures Include:

1. Ensure appropriate processes are in place for parent/guardian consent and/or communication when measuring client's height and weight.
 2. Ensure setting for height and weight measurement is private.
 3. Use equipment that is accurate and reliable when measuring for height and weight. Coats, jackets, shoes, boots removed.
 4. Ensure BMI number/%tile is calculated and interpreted correctly.
 5. Apply continuous quality improvement (CQI) processes to evaluate intended outcomes and unintended consequences for BMI screening.
 6. Ensure resources are available for safe and effective follow-up, especially with the primary care provider.
 7. Provide all parents with clear and respectful communication explaining the BMI measurement results and follow-up.
- Communicate information to parent/guardian through a secure process, such as mailing a letter (avoid sending a note home with a child).
 - Provide parents with a clear and respectful explanation of the BMI results and a list of appropriate follow-up actions that include contacting the primary care provider. Letters sent home to the parent/guardian might simply identify the child's height, weight and BMI for age percentile and include a table defining BMI-for-age categories.
 - Utilize statements such as, "suggests your child might have an unhealthy weight" to communicate when a child is overweight/obese or his/her weight was found to be low/normal/high for height and age.
 - Provide information on school and community-based programs that promote nutrition and physical activity.
 - Explain health risks associated with unhealthy weight when appropriate.
 - Provide tips for parents when their child is classified as normal weight that promote health, physical activity and nutrition (include a variety of fruits and vegetables, whole grain products, fat-free or low-fat milk in the diet each day). Parents should also be aware that youth should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

8. Provide contact information for SWP nurse.

Sample Nursing Documentation

Assessment

Subjective

- Parent/guardian communication to determine significant health history related to diet, activity and family behavior patterns.
- Eating patterns that include breakfast, fruits & vegetables, sugary beverages, fast food consumption, person responsible for meal preparation, other family meal routines.
- Barriers to healthy food consumption including food insecurity.
- Current amount of physical activity.
- Current amount of daily screen/device time.

Objective

Height, weight, BMI, blood pressure, pulse, pulse oximetry.

Nursing Diagnosis

Altered growth and development

Long Term Goal:

Maintain or decrease body weight

Short Term Goals

1. Decrease sugary beverage consumption to _____ times per week.
2. Increase physical activity to _____ minutes per day.
3. Limit screen/device time to _____ minutes per day.

Plan (appropriate for age and developmental level of client)

1. Parent/guardian and PCP communication/collaboration about actions that can be taken at both home and school.
 - a. Healthy choices in the cafeteria.
 - b. Healthy food choices at home.
 - c. Encourage consumption of water and decrease sugary beverages.
 - d. Physical activity choices/reasonable options at school and home (60 minutes of moderate to vigorous activity is recommended by the CDC).
 - e. Motivational interviewing.
 - f. Follow-up plan for SWP and PCP.
2. Share resources with client/parent/guardian as appropriate (e.g. farmers market, local 211).
3. Referrals (community, dietician/nutritionist, social work).

Possible Expected Outcome

Maintain or decrease body weight

Resources

Massachusetts Department of Public Health (2014). BMI screening guidelines for schools. Retrieved from: [https://www.mass.gov/lists/school-health-screening#body-mass-index-\(bmi\)-screening:-information-for-school-districts-](https://www.mass.gov/lists/school-health-screening#body-mass-index-(bmi)-screening:-information-for-school-districts-)

Centers for Disease Control and Prevention (2015). Body Mass Index (BMI). Retrieved from: <https://www.cdc.gov/healthyweight/assessing/bmi/index.html>