

Date:
Name:

How does your child's weight compare to his/her height?

Your child's weight should change over time as he or she grows. Getting a child's weight to go up the right amount each year is a tricky task in today's world. As your pediatrician, it is important to me that we work together to attain and maintain a healthy weight for your child.

Why is having a healthy weight important?

Children who have an unhealthy weight are at greater risk for a number of serious illnesses including asthma, diabetes, high blood pressure, high cholesterol, abnormal bone development, fatty liver, cancer and sleep apnea. An unhealthy weight can also lower quality of life for children due to lower energy level, increased stress, and lower self-esteem.

What is Body Mass Index (BMI)?

BMI is a number calculated from both height and weight that helps us look at our bodies as a "package" and to understand if your child's weight gain is in line with his or her growing body size. Your child's BMI can be compared to other children who vary in heights but are of similar age.

Does the BMI always accurately tell us if your child is "on track?"

Some children have a muscular build or are sometimes described as being "solid." This body type can cause the BMI to be elevated since muscle is denser than fat tissue. However, even children with a solid build should be below the 95th% on the BMI chart for a healthy weight, although they may be okay above the 85th%.

Where is my child on the BMI growth curve? (See BMI growth chart)

BMI %	Description of the BMI % range
> 95	Heavier than their ideal body weight (take action)
85-95	At risk for having unhealthy weight as an adult (take action)
5-85	Healthy weight
< 5	Underweight (take action)

What do I do if my child's BMI is between the 85th and 95th%?

Work together with your child and the healthcare team to keep the weight the same until his or her height catches up with his or her weight. The goal is to decrease the BMI to below the 85th%. If your child is done growing, the pediatrician or dietitian may recommend that he or she lose weight.

What do I do if my child's BMI is greater than the 95th%?

The first goal is to stop the weight gain. Once the weight has stabilized, it may be recommended that your child lose weight. Staying the same weight and/or losing weight can be challenging and you may find it helpful to get education and support from a dietitian and/or our pediatric practice.



Date:
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Current weight and goal

Weight (pounds)	Height (inches)	BMI % (Circle answer) Ages 2 and above only	Immediate Goal (Circle answer)
		<75	Gain a healthy amount of weight as height increases
		75-85	Maintain weight
		85-95	Stop weight gain and to then lose weight
		>95	

Body Mass Index (BMI) % definitions

- > 95th% Heavier than their ideal body weight (take action)
- 85th-95th% At risk for having an unhealthy weight as an adult (take action)
- 5th-85th% Healthy weight
- < 5th% Underweight (take action)

Some kids have a BMI below the 85th% but have been found to be at risk for having an unhealthy weight in the future. We would like to help prevent these children from having trouble.

Action plan (Circle preferred option)

Pediatric Registered Dietitian (RD)

- a. Visit every 1-6 weeks until healthy weight is achieved.
- b. Visit RD two times and follow-up with pediatrician in 1 year to reassess.
(Recommended only for a child with a BMI below 85th %)

Hospital weight program

- a. Visit every 1-6 weeks until healthy weight is achieved.

Pediatrician office follow-up

- a. Visit RD or hospital weight program every 1-6 weeks until healthy weight is achieved in addition follow-up in pediatrician's office every 3-6 months.
- b. Visit pediatrician's office every 1-6 weeks until healthy weight is achieved.
- c. Work on own and come back for weight-check in ____ months to reassess.

Additional help

Therapist – Particularly helpful if child/teen is feeling depressed or is an emotional eater.

Sports team/Personal Trainer – Activity is an important part of achieving or maintaining a healthy weight.

Do nothing – I do not want to seek treatment at this time. Reason:

