

What's a BMI?

Everyday we hear, read or see material about the obesity “epidemic” in this country. Legislation has been passed in some states banning trans fats in restaurants or soda in school vending machines in an effort to address obesity and weight related health problems.

In June 2007 the Massachusetts General Law was revised mandating that schools conduct annual height and weight measurements on all students and that the results be recorded in each student's Health Record. The Wellesley Public Schools will continue to comply with this regulation in the same manner as we conduct annual hearing and vision and postural screenings.

After a child's height and weight is measured, his/her BMI (Body Mass Index) is calculated by considering the child's age, height and weight and will be recorded in your child's health record at school. BMI is simply a screening tool. Many factors including family history, daily activity and food choices influence a child's growth pattern. In most instances the balance between calories consumed and calories expended largely determines a person's weight.

As a family and a school community there are many factors to consider when trying to create a healthy lifestyle. Some of these include learning how to make healthy food choices at meal and snack times, being mindful of portion size, limiting TV time not only because it decreases activity time but it also exposes us to food product and fast food advertisements; and scheduling activity time on a daily basis. The Wellesley Public Schools believe in modeling healthy behaviors in the school setting and have adopted a Wellness Policy that addresses our food services menu, vending machines and opportunities for physical activity on a regular basis during the school day.

Listed below are a few of the many useful resources available regarding health and wellness:

<http://www.choosemyplate.gov/kids/>

Play Every Day, Any Way at <http://www.cdc.gov/youth>