

**Head Start
Notification of
Growth Assessment**

Date of Measure _____

Name _____ Classroom _____

Height Measure _____

Weight Measure _____

BMI stands for **Body Mass Index**. **BMI** is calculated from weight and height measurements and is used to judge whether an individual's weight is appropriate for their height.

There are four categories in which children fall according to their **BMI**. They are listed below. Your child falls into the following category: (Staff, please circle the category in which the child falls.)

1. **Underweight:** At or below the 5th %.
2. **Normal:** Above the 5th % and below the 85th %
3. **At Risk of Overweight:** Between the 85th % and 95th %
4. **Overweight:** At or above the 95th %

If you have any questions, please contact me. Head Start also has a Registered Dietitian, Lori Howard, who will be happy to talk to you about any concerns that you have. Her number is 789-1600.

Staff Signature _____ Date _____

Staff signature verifies that parent/caregiver has been notified of growth assessment results.