

School Physical Form – Body Mass Index (BMI) Percentile Now a Part of this Form

(Entry before kindergarten and sixth grade)

What's the evidence on health and academics?

Academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes. Leading national education organizations recognize the relationship between health and education, as well as the need to embed health into the educational environment for all students. "Healthier Students Are Better Learners" by Charles Basch in the Journal of School Health asserts that health related problems play a major role in limiting the motivation and ability to learn by our youth.



Why was the BMI percentile added to the school physical form?

The most appropriate, accurate and simplest way to collect the BMI percentile is through the child's health care provider. Generally, a child's health care provider already calculates a child's BMI number for their own records as one way to monitor the child's health.



Why is the BMI percentile now collected?

This will enable Kentucky to more accurately monitor the status of our children's health through their weight/height. This will allow for the monitoring of four main weight categories: underweight, healthy weight, overweight and obese.

What is my role as a health care provider?

Complete the provided space on the school physical form for the BMI percentile. *It's that simple!*

Find the school physical form on the web at:

<http://education.ky.gov/districts/SHS/Pages/Health-Forms.aspx>. Scroll to "Preventative Health Care Examination Form".



What are the anticipated outcomes?

Data will be available across all 120 Kentucky counties as well as at the state level. This data will: increase awareness of issues such as childhood obesity, assist in the planning and implementation of policies, environmental change and programs to improve our children's health status and analyze trends in the data in years to come.

Thank you for your help in improving the health of each child's life that you touch!

Sources include: Journal of School Health, Public Health Reports, US Department of Health & Human Services, National School Board Association, Council of Chief State School Officers, American Association of School Administrators, Association for Supervision & Curriculum Development and Research Initiative of the Campaign for Educationally Equity.