

**Clarksville Montgomery County School System  
Coordinated School Health Program**

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To: Faculty

Subject: BMI Screening Information

Health screenings, including Body Mass Index (BMI) screenings, are currently being scheduled to be conducted in your school. Below, I have included some information that the Tennessee Department of Health has suggested you discuss with your students prior to the screening. We hope that classroom discussions will help counteract the social pressure for excessive slenderness and enhance the students' understanding of "healthy weight."

- BMI is a quick and easy screening tool that is used to determine possible health risk using weight and height measurements. Blood pressure will also be taken to help us in this assessment.
- Student confidentiality is very important. The student will not see weight and height measurements as they are recorded. Letters will be sent directly to parents/guardians notifying them only if their child's BMI is determined to be outside of the range considered to be normal and healthy.
- Important Points to Remember:
  - ✓ There are many different body types; some body types are naturally associated with more body weight.
  - ✓ A range of weights is normal. People can be healthy at many weights and look very different from one another.
  - ✓ Normal growth and development patterns affect body shapes and sizes, especially at puberty.
  - ✓ Subtle media messages suggesting that only thin people are happy and attractive should be challenged.
  - ✓ Students have the ability to make healthy food choices.
  - ✓ Daily physical activity contributes to overall health and healthy weight. Sedentary behaviors can contribute to weight gain.
  - ✓ Habits are developed early in life. Students should educate themselves about healthy lifestyles and begin practicing them early.
- School districts across the state, including the Clarksville Montgomery County School System, are striving to provide services and programs to improve student health. BMI screenings will, over time, allow us to determine if our services/programs are having a positive impact on such things as juvenile obesity and diabetes.

If you would like any additional information concerning this or other health topics to discuss with your class, please contact me at the number listed above.

Thank you for all of your efforts,  
Mesina Bullock