



July 28, 2011

Dear Parent/Guardian of {Child's Name}:

In concert with nationwide efforts to improve children's nutrition, physical activity, and health — highlighted by First Lady Michelle Obama's Let's Move initiative — we at Harvard Vanguard Medical Associates, in collaboration with the Department of Population Medicine at the Harvard Pilgrim Health Care Institute, are looking to improve the quality of care your child receives by actively monitoring your child's growth and working with you and your family to maintain healthy lifestyle behaviors.

This letter contains information about {child's name}'s growth, including his/her most recently measured height, weight, and body mass index. You may also receive a similar letter from your child's school. We hope this information will help you be more informed to discuss your child's growth and health at your upcoming visit on {visit date and time}.

What is Body Mass Index (BMI)?

BMI is a combined measure of your child's height and weight. Doctors use BMI to help look for weight-related health problems, based on the corresponding BMI percentile.

What is BMI percentile?

BMI percentile is based on your child's age, sex, weight, and height. It shows how your child's weight and height compare to that of other children of the same age and sex. Higher BMI percentiles mean a child's BMI is above average and indicate higher risk of overweight.

What is {Child's name} BMI?

At {child's name}'s last visit on {visit date}, he/she was:

Height: _____ inches Weight: _____ lbs

BMI: _____ kg/m² BMI Percentile: _____

What does this mean for your child?

According to the growth charts developed by the Centers for Disease Control and Prevention (CDC) {child's name} BMI percentile places him/her in the {overweight or obese} category. Children who are {overweight or obese} are at greater risk for health problems like diabetes (problems with blood sugar), heart disease, high blood pressure, and asthma.

Simple changes in some health-related behaviors can reduce these problems.



What should you do?

Fill out the enclosed card with your questions, and bring it with you to {child's name} next checkup on {visit date and time}.

At this visit, we will talk about your child's weight and discuss healthy diet and activity behaviors for your child. I can suggest simple ways to improve and maintain {child's name} health. Following your child's growth can help us work together to get him/her to a healthy weight.



What to expect at your visit — we will:

- Measure height & weight and examine your child
- Review medical problems that may run in your family
- Consider lab tests for your child, to measure his/her risk of high cholesterol and diabetes
- Discuss simple lifestyle behavior changes to keep your family healthy— the **STAR** behaviors
- Provide printed materials about what we discussed during the visit

No matter your child's weight category, together we can help your family achieve and maintain healthy behaviors. We look forward to seeing you on {visit date and time}.

Sincerely,

{Pediatrician Signature}



behaviors:
10-2-1-0

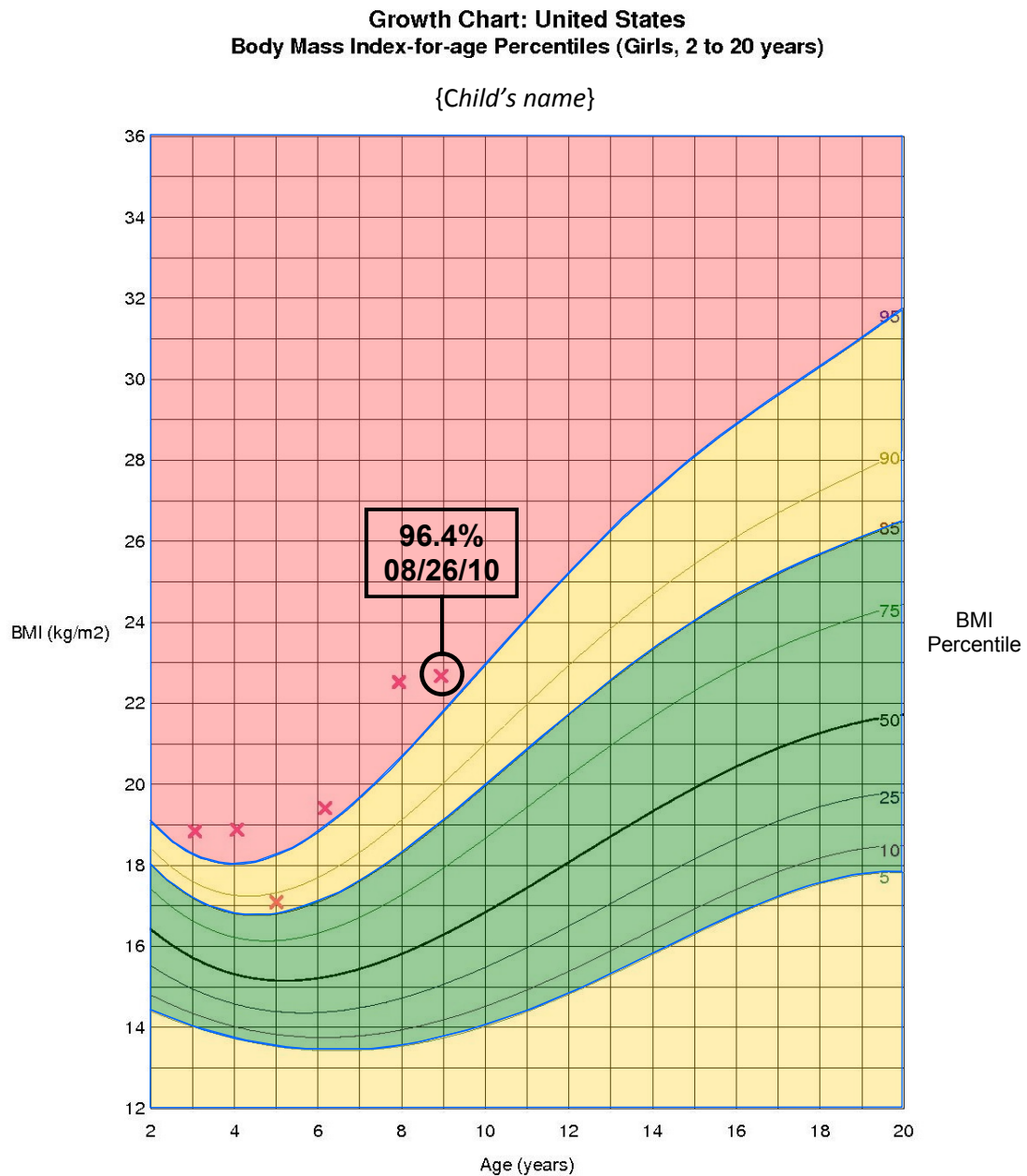
- At least **10** hours of quality sleep per night
- Limit screen time to **<2** hours per day
- Aim to get **≥1** hour of moderate to vigorous physical activity per day
- Drink **0** sugary drinks per day





About Growth Charts and how to interpret them:

This BMI percentile growth chart plots {Child's name} BMI over time, to show his/her growth as he/she ages. The lines are marked with the percentiles, including the 95th, 85th, and 5th. Children whose BMI falls between the 5th and 85th percentiles have a normal weight for their age, sex, and height. Children whose BMI percentile falls between the 85th and 95th percentiles may be overweight. Children whose BMI percentile falls above the 95th may be obese. Children whose BMI falls below the 5th percentile may be underweight.





Here are two questions to ask your pediatrician to help you discuss your child's health. Please add any other questions or concerns you have and bring this card to your child's visit.

1. What is my son/daughter's height and weight?

2. What does my son/daughter's BMI percentile mean?

3. _____

4. _____

STAR



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