



Body Mass Index Assessment in Supporting Well Visits

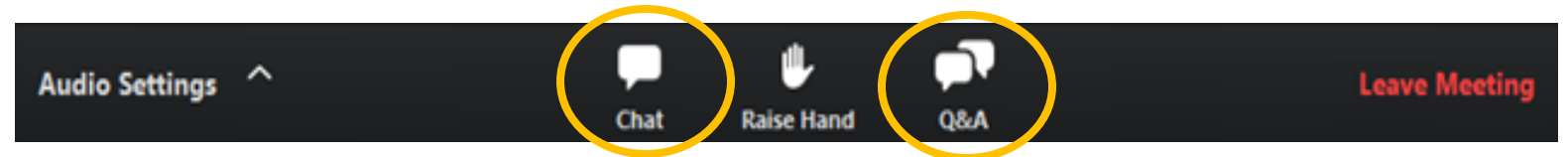
May 7th, 2025

3pm Eastern Standard Time

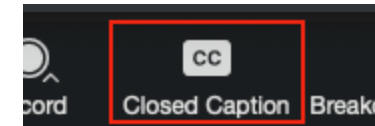
REMINDERS

✋ **All attendees are in listen-only mode.**

✋ To ask a question during the session, use the “Chat” or “Q&A” icon that appears at the bottom of your Zoom control panel.



✋ To turn on closed captioning, click on the “CC” button.



✋ **Please complete evaluation poll questions at the end of the presentation.**

✋ The recording, slides, and resources will be shared via email.

Learning objectives

Participants will be able to...

- Define Body Mass Index (BMI) and explain its role in assessing child growth and health.
- Describe the importance of BMI tracking during well-child visits for early identification of health needs.
- Apply best practices for discussing BMI with families in a supportive manner.

Today's Speakers



Donnie Greco
Associate
School-Based
Health Alliance



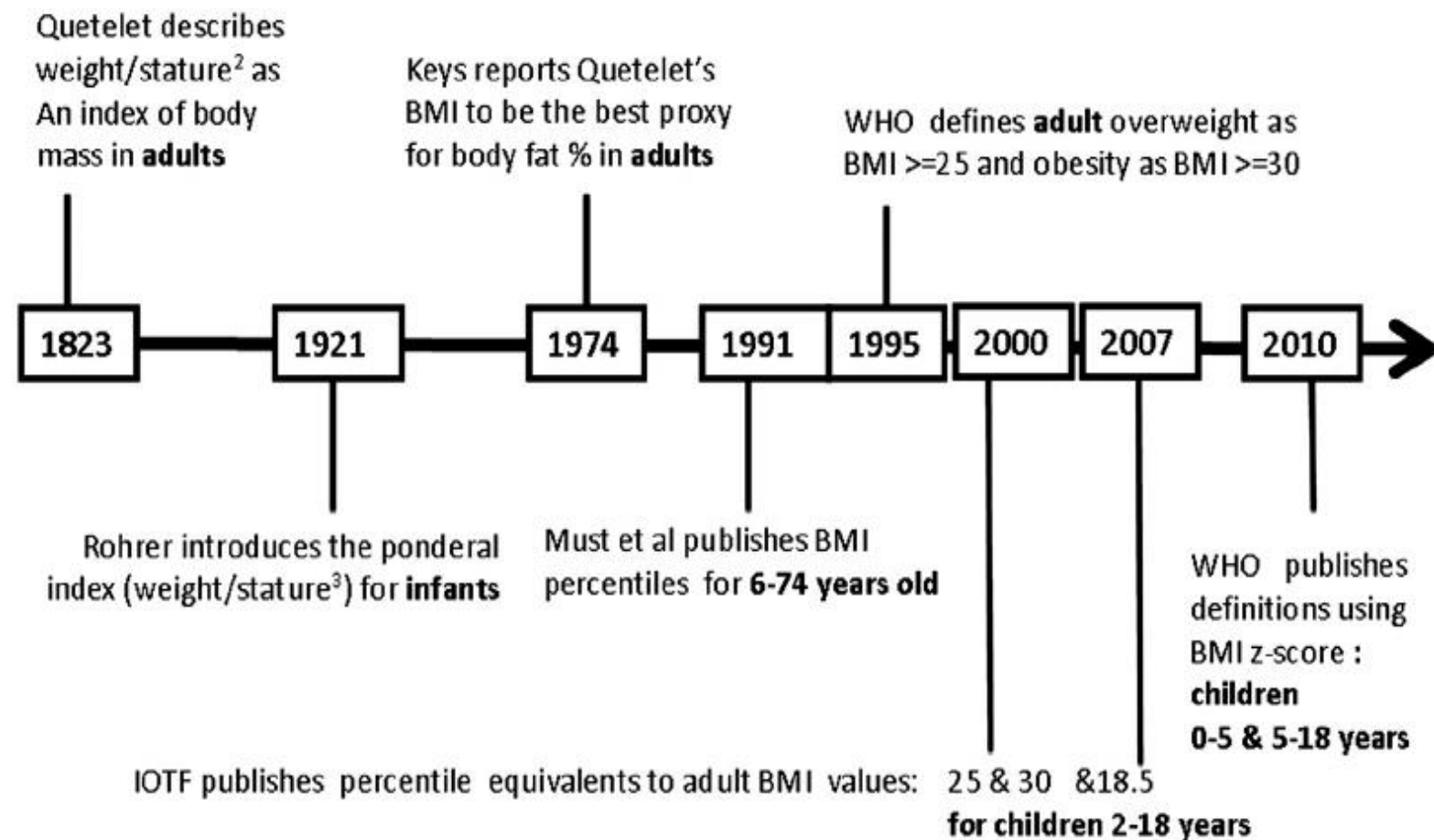
Mandy LeBlanc
Contractor
School-Based
Health Alliance



Ngone Diop BSN, RN, PMP®
Senior Manager
School-Based
Health Alliance

Importance of BMI in Youth Well-Being

- History of BMI
- Why BMI is an indicator of overall health
- Correlation between BMI, overall health, and chronic disease prevention.



Body Mass Index (BMI)

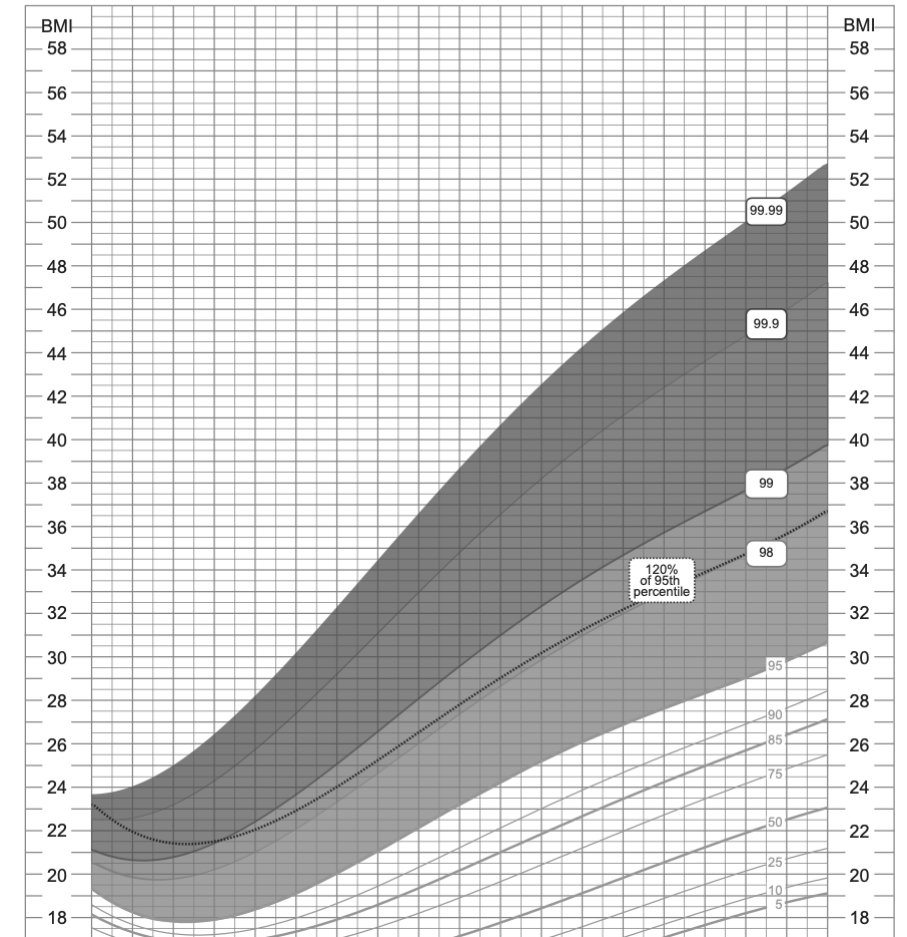
- A screening tool used to assess weight status
- Calculated using weight and height
- For children, BMI is interpreted using age and sex-specific percentiles
- **Considerations:** Muscle mass, fat distribution, and lifestyle.

Boys: Ages 2–20 years

Body mass index-for-age percentiles

NAME _____

RECORD # _____



”

BMI Percentiles for Children

- 5th percentile = Underweight
- 5th - 85th percentile = Healthy weight
- 85th - 95th percentile = Overweight
- ≥ 95 th percentile = Obesity
- $\geq 120\%$ of 95th percentile = Severe Obesity (new classification)



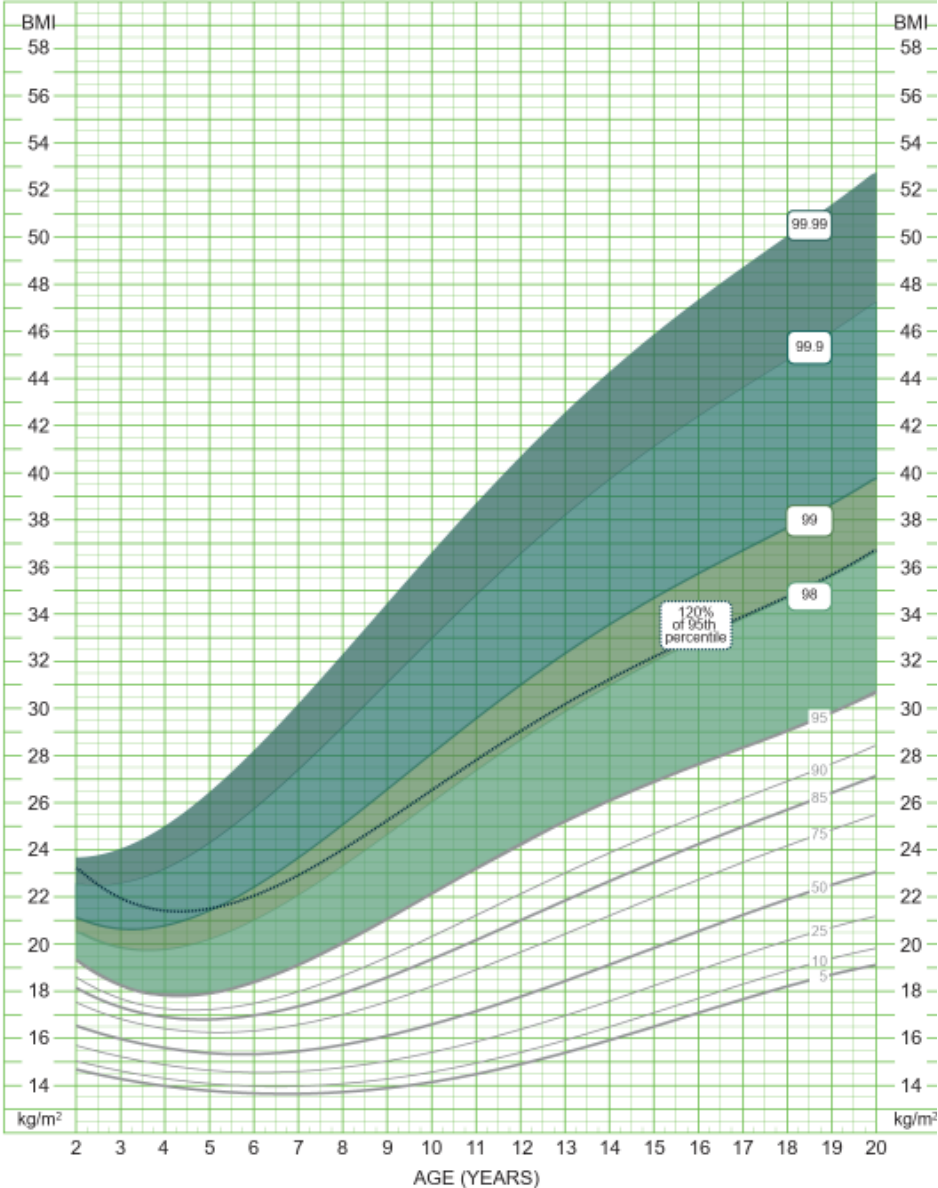
Center for Disease Control. Extended BMI-for-Age Growth Charts. CDC - BMI. Published September 13, 2024. https://www.cdc.gov/growth-chart-training/hcp/extended-growth-charts/index.html?utm_source=chatgpt.com

Boys: Ages 2–20 years

Body mass index-for-age percentiles

NAME _____

RECORD # _____



December 15, 2022
Data source: National Health Examination Survey and National Health and Nutrition Examination Survey.
Developed by: National Center for Health Statistics in collaboration with National Center for Chronic Disease Prevention and Health Promotion, 2022.

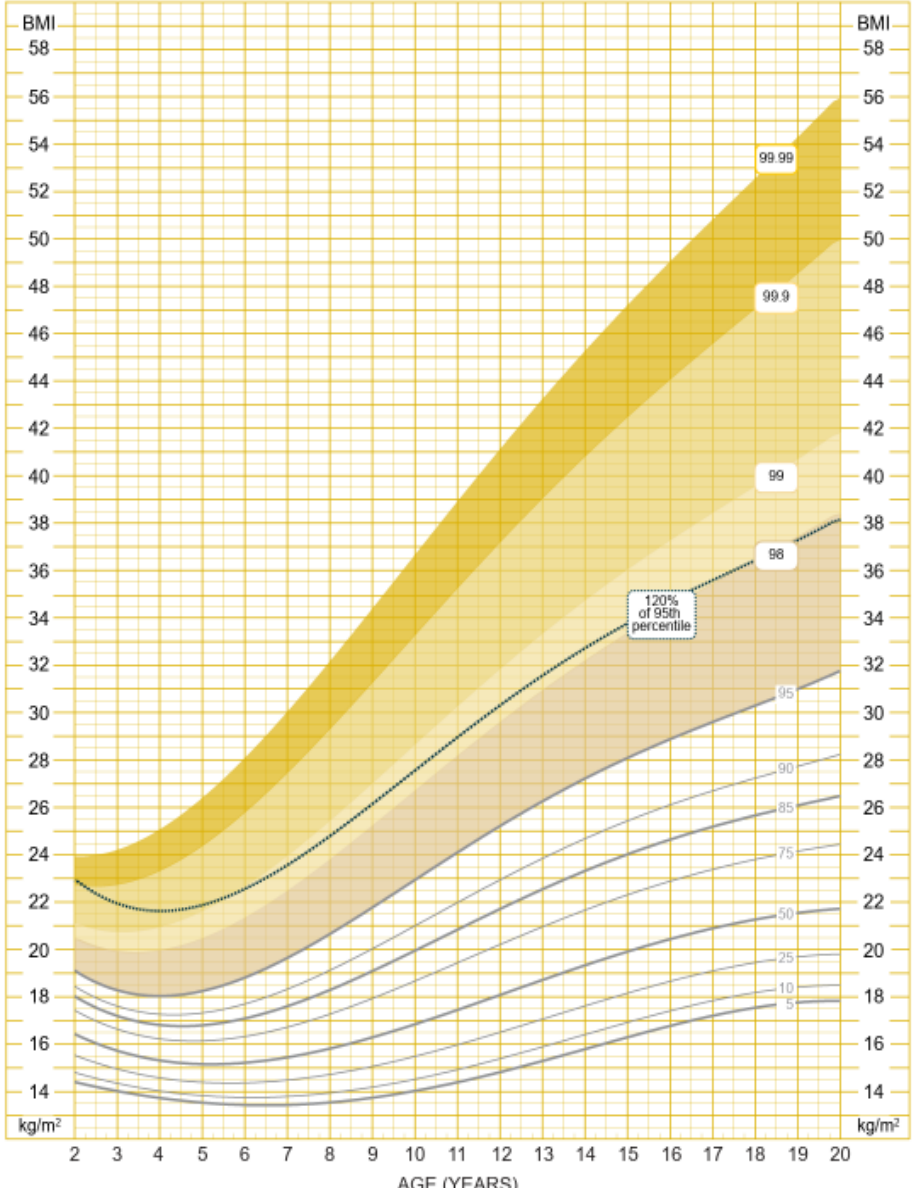


Girls: Ages 2–20 years

Body mass index-for-age percentiles

NAME _____

RECORD # _____



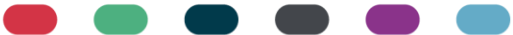
December 15, 2022
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SCHOOL-BASED
HEALTH ALLIANCE
The National Voice for School-Based Health Care

Extended
BMI
Growth
Charts

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Physical Health Risks

Obesity can increase the risk for the following health conditions:

- High blood pressure & cholesterol
- Prediabetes & Type 2 diabetes.
- Breathing problems, such as asthma
- Joint problems such as osteoarthritis and musculoskeletal discomfort.
- Gallstones and gallbladder disease.

<https://www.cdc.gov/obesity/basics/consequences.html>

Psychological & Social Impacts of Obesity:

- Psychological problems such as anxiety and depression.
- Low self-esteem and lower self-reported quality of life.
- Peer dynamics that impact student well-being.
- Obesity as adults.



Obesity Prevalence: Approximately 19.3% of children and adolescents ages 2 to 19 have obesity.

Age Groups:

2-5 years: 12.7%, 6-11 years: 20.7%, 12-19 years: 22.2%

Income Disparities: Children in lower-income families have higher obesity rates.

Severe Obesity: About 1 in 16 children and adolescents ages 2 to 19 have severe obesity (6.1%).

<https://www.cdc.gov/obesity/childhood-obesity-facts/childhood-obesity-facts.html#:~:text=Approximately%201%20in%205%20U.S.,percentile%20for%20age%20and%20sex.>

Well-Child Visits

- Offers a comprehensive health check to assess physical, emotional, and developmental health
- Allows early identification of health needs by primary care providers
- Annual visits recommended by the American Academy of Pediatrics (AAP)
- Visits focus on age-appropriate:
 - Monitoring growth and development
 - Screenings (assessment, BMI, hearing, vision, and mental health)
 - Anticipatory guidance



School-Based Health Alliance. Quality Counts: Clinical Performance Measures QI Toolkit. Sbh4all.org. <https://tools.sbh4all.org/quality-counts/quality-counts-home/>

American Academy of Pediatrics. Preventive Care/Periodicity Schedule. Aap.org. Published 2024. <https://tinyurl.com/5dtk34ej>

Hagan JF, Shaw JS, Duncan PM. *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*. 4th ed. American Academy of Pediatrics; 2017. <https://tinyurl.com/mpjs4a8z>

Why BMI Matters in Well-Child Visits

- Identifies early health concerns.
- Helps track growth and development.
- Guides conversations about nutrition and activity.
- Supports early intervention and prevention strategies.

Counseling for Nutrition and Physical Activity

- Recommended for overweight or obese youth, during routine well-child visits to promote healthy habits
- Ensures children and their families receive guidance on maintaining a healthy lifestyle

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Center for Disease Control. Evaluation and Treatment for Child Obesity. CDC - Obesity. Published May 13, 2024. <https://www.cdc.gov/obesity/child-obesity-strategies/evaluation-and-treatment.html>

School-Based Health Alliance. BMI Assessment & Nutrition/Physical Activity Counseling. Sbh4all.org. <https://tools.sbh4all.org/quality-counts/bmi-assessment-nutrition-physical-activity-counseling/>

Measuring & Tracking BMI

- Start measuring as young as age two years old.
- Recheck annually and track trends over time.
- BMI alone isn't diagnostic—consider overall health.
- Look for patterns, not just a single number.

How to Support Children & Families

- Focus on health, not weight.
- Use neutral language: “Let's talk about healthy growth.”
- Use Motivational Interviewing to engage youth and families.
- Provide practical, appropriate recommendations.

Motivational Interviewing

- **Engage:** Making a connection
- **Guide:** Jointly finding a focus
- **Evoke:** Using internal forces to bring about change
- **Plan:** Devise a strategy for change collaboratively



Measuring Success & Long-Term Impact

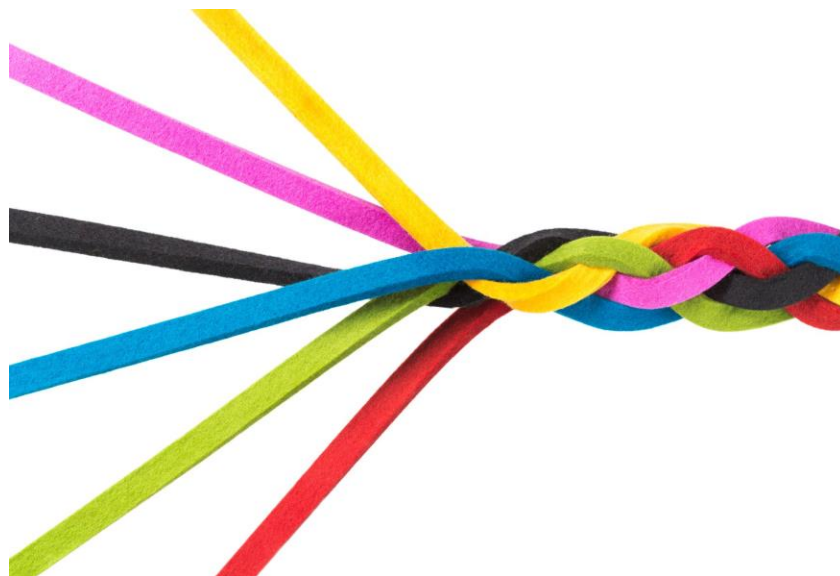
- Real-world examples of successful BMI improvement initiatives.
- The role of follow-up visits in sustaining healthy outcomes.



Poll: Strategies for Integrating BMI in Well Visits

In the chat, please let us know which of these you are already doing:

1. Standardized BMI screening workflow in clinical settings.
2. Tools and technology to streamline documentation.
3. Engaging families in discussions about BMI.





How to effectively communicate BMI trends to families:

Addressing Nutrition & Physical Activity

- Effective techniques for healthy eating and active lifestyles.
- Resources and referrals for families (e.g., nutritionists, community programs).
- Age-appropriate guidance for different developmental stages.

Three Other Concepts Can Be Conversation Starters:

- When was the last time you felt well-rested?
- How do you manage your stress level?
- What is your go-to breakfast during the week?



• <https://www.webmd.com/diet/sleep-and-weight-loss>

• <https://www.brownhealth.org/be-well/does-stress-cause-weight-gain>

• [https://pmc.ncbi.nlm.nih.gov/articles/PMC10510410/#:~:text=The%20results%20of%20this%20meta,1.90%3B%20P%20%3C%200.001\).](https://pmc.ncbi.nlm.nih.gov/articles/PMC10510410/#:~:text=The%20results%20of%20this%20meta,1.90%3B%20P%20%3C%200.001).)



Poll: How do you feel you handle the conversation of BMI with youth:

1. Extremely well, I could teach others
2. Fairly well, proud with room for improvement
3. Moderately well, could do better but comfortable
4. Not too well, but want to improve
5. Not well, I tend to skip over the conversation









Infusing Youth Perspective At School:

- In health classes or clubs, have a fun competition to create health education materials.
- Have students make weekly morning health education-related announcements.



Portion Sizes

Food	# of Servings Each Day	1-3 Years	4-5 Years	6-12 Years	12 Years +
Grains (bread, cereal, pasta)	5 or less	1/2 slice or 1/4 cup	1/2 slice or 1/2 cup	1 slice or 1/2 cup	1 slice or 1/2 cup
Vegetables	3-5	1/4 cup	1/3 cup	1/2 cup	1/2 cup
Fruits	2-4	1/4 cup	1/3 cup	1/2 cup	1/2 cup
Dairy (milk products)	2-3	1/2 cup	3/4 cup	1 cup	1 cup
Protein	2-3	1 oz. or 1/4 cup	1 1/2 ozs. or 1/3 cup	2 ozs. or 1/2 cup	2-3 ozs. or 1/2 cup

Food	Average Serving Size	What it Looks Like
Meat 	3 ozs.	Deck of Cards 
Pasta or Rice 	1/2 cup	Yo-yo 
Vegetables 	1/2 cup	Yo-yo 
Cheese 	1 oz.	Four Dice 

<https://www.childrens.com/health-wellness/recommended-serving-size-by-age>

<https://www.sbh4all.org/hallways-to-health-national-initiative/>

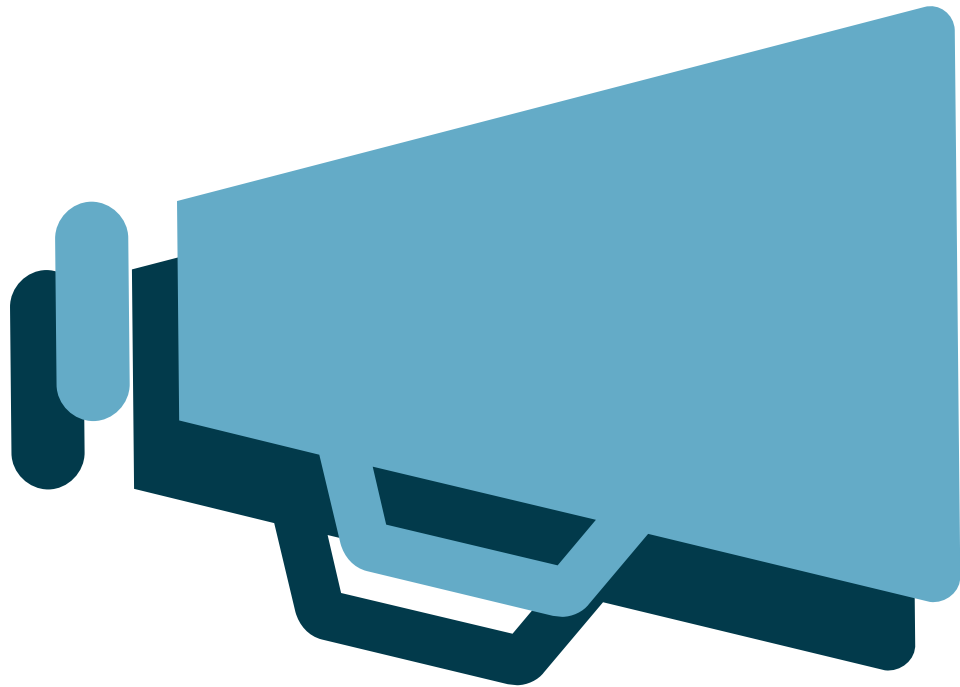
<https://tools.sbh4all.org/hallways-to-health/hallways-to-health-home/>

And <https://togethercounts.com/hownutritionchangesaskidsage/>

Key Takeaways

- ✓ BMI is a **screening tool**, not a diagnosis.
- ✓ Track **percentiles over time**, not just one measurement.
- ✓ Use BMI to **support** well-child visits and anticipatory guidance.
- ✓ **Early intervention = better long-term outcomes.**
- ✓ Keep the focus on **healthy habits, not just numbers.**

Call to Action

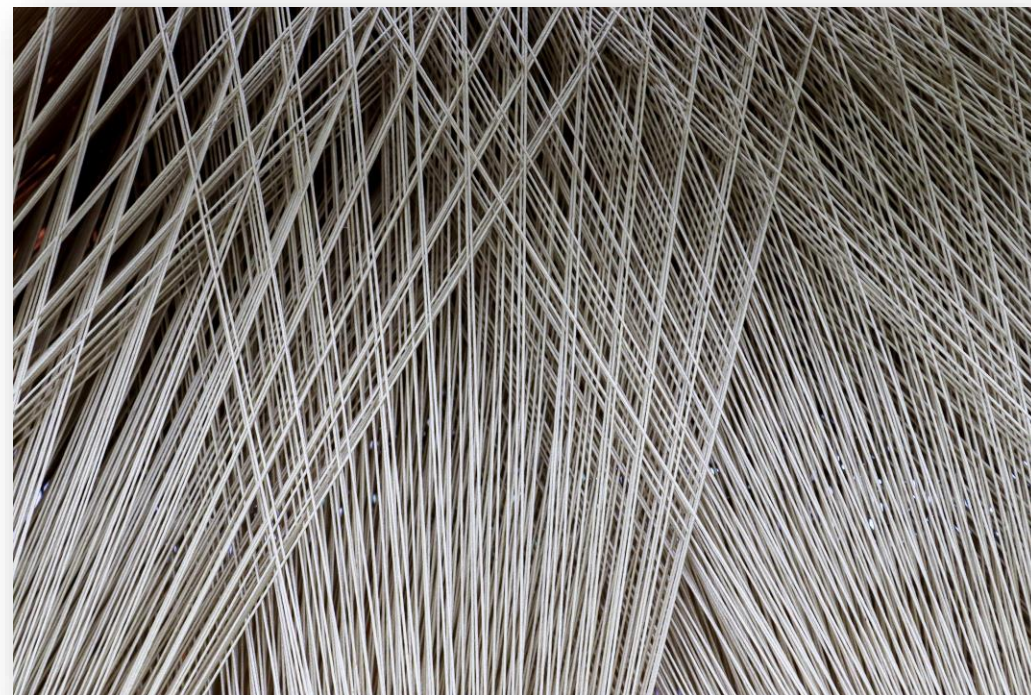


Discuss weight and
BMI trends in all
youth well visits.

Engage youth and
families in care
plan.

Let's Pause:

Take a moment to weave this all together. How can you improve clinical workflows in your approach to BMI, knowing there are opportunities and areas for improvement when navigating patient health, mental health, and well-being?



Resources

- <https://www.nutrition.gov/topics/nutrition-age/teens/tweens-and-teens>
- <https://www.myplate.gov/life-stages/kids>
- <https://www.eatrightfoundation.org/resources/kids-eat-right>
- [Catch.org](https://www.catch.org)
- <https://schoolnutrition.org/>
- <https://www.cdc.gov/obesity/family-action/index.html>
- <https://www.aap.org/en/patient-care/institute-for-healthy-childhood-weight>
- <https://www.cdc.gov/obesity/basics/consequences.html>
- https://publications.aap.org/pediatrics/article/151/2/e2022060640/190443/Clinical-Practice-Guideline-for-the-Evaluation-and?utm_source=chatgpt.com?autologincheck=redirected

**We look forward to your
feedback.**

Please complete our Zoom poll.



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