

Consumer Handout | Canberra Health Services

Kindergarten Health Check

Body Mass Index Information

Your child has recently had their Kindergarten Health Check completed at school. Their height and weight were measured while they were not wearing their jumper or shoes. Your child's Body Mass Index (BMI) was then calculated and was written on their results letter.

We did not tell your child what the results were.

BMI is a snapshot of where your child sits on the BMI for age growth chart. Your results letter **may** indicate that your child's BMI is outside their expected BMI range.

This measurement of BMI helps us decide whether further investigation may be helpful.

- BMI is a health screening measure, which cannot determine your child's overall health. It is used to help us know if your child **may** be at risk of weight related health issues in childhood and later in life.
- The **formula** used to calculate BMI is the same for adults and children, but it also takes into account your child's age and gender. BMI is calculated using a person's weight in kilograms divided by the square of their height in metres.
- A child's BMI often varies during normal growth and stages of development.

Note: The BMI calculation does not consider your child's individual growth history (their weight and length/height tracking since birth) or their body type.

Growth concerns in childhood may have significant health or social impacts for some children. Managing these concerns early in life is known to be beneficial for children's health as they mature.

If further investigation is recommended or if you have concerns about your child's growth, it is important that you follow up with:

- Your General Practitioner (GP). GPs can check your child's overall health, consider their health history, family history, their current weight, and their growth pattern.
- A dietitian. Canberra Health Services has community dietitians available for an individual nutrition assessment for your child. The dietitian can provide advice based on your child's growth and nutrition needs. Appointments can be made by contacting Central Health Intake on (02) 5124 9977. *This is a free service for Medicare-eligible patients.*

Factsheets and resources

Children's nutrition

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/women-youth-and-children-nutrition>

Private dietitians who are experienced in child nutrition and growth can be found at: <https://dietitiansaustralia.org.au/find-an-apd/>. Private dietitians usually charge a fee for their service.

For more information about the Kindergarten Health Check including height, weight, BMI, and healthy lifestyles for children, see:

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/kindergarten-health-check>

If you would like to check and monitor your child's BMI, you can find a calculator at:

<https://www.health.nsw.gov.au/heal/child/wellbeing/Pages/body-mass-index-calculator.aspx>

Helping children maintain a healthy weight.

Australian Dietary Guidelines for children:

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

Healthy Kids Association:

<http://healthy-kids.com.au/parents/developing-positive-eating-behaviours/>

Australian physical activity and exercise guidelines:

<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

If you have any questions or concerns, please contact the School Health Team on **(02) 5124 1585**.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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Interpreter ☎ call 131 450

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