

BMI Checklist for School Nurses

Purpose	Prevention of obesity and chronic diseases
Planning	Date, Site (where you will screen), Recruit help (volunteers), Set up room.
Population	K,2,4,6,8,10 grades
Personel	Trained personal by CHNS/CHPS with ADH
Preparation	Remind Staff-Recheck date, times, and location- Train volunteers-Inform Students Calibrate Scale day of screening
Equipment	Scales, stool, stadiometer, Carpenter's Triangle, batteries, weight, list of students, paper/pencil
Place	Ensure Privacy around scale.
Permission	No permission required. Parents can refuse in writing only. BMI (Growth) (A.C.A. §20-7-135)
Procedure Height Weight Height	<p>Height</p> <ol style="list-style-type: none"> 1. Remove outerwear, shoes, empty pockets, glasses, hair accessories. 2. With back or body part touching board, legs together and weight evenly distributed, arms by side (palms facing thighs), head in Frankfort horizontal plane 3. Child inhales deeply and holds breath without moving head 4. Square brought to superior part of head with hair compressed 5. Height recorded to the nearest 1/8th , 1/10th or 1/16th inch <p>Weight</p> <ol style="list-style-type: none"> 1. Zero scale 2. Have child step on scale backwards, centered, weight evenly distributed, head up and facing straight ahead 3. Weight recorded to the nearest 0.2 pounds 4. DO NOT call out weight <p>Height</p> <ol style="list-style-type: none"> 1. Repeat Height as stated above
Paperwork	All data must be entered in eSchool. Deadline is May 1st
Height Tips	If both heights are greater than 1 inch then you must obtain 2 more heights. If still a 1-inch difference exists, the recorder will mark "Unable to Assess" and "Could not get two measurements in range after 2 repeats." Do not screen students with cast/wheelchairs or pregnant.

