

Parent's guide to the BMI (Body mass index):

- **Definition:** The BMI is a ratio of weight to height². This number is compared to that of other children of the same sex and age to come up with a percentile score. That score tells you and your health care team whether your child might be at an unhealthy weight. Unlike your child's grade card, higher is not better.
- **Why your child's number is important.** If your child has a high BMI it means they have a greater chance of having weight problems as an adult and of having health problems such as diabetes, high cholesterol, high blood pressure, fatty liver, certain bone and joint conditions, and depression. Furthermore kids with high BMI don't do as well in sports or class work and have fewer friends than their average weight peers.
- **What you can do.**
 - 1) Get help from the school : make sure your child participates fully in physical education and eats right at school. Your school Wellness Committee is tasked with making the school a healthy place for all kids, you should support them.
 - 2) Use the 5 2 1 0 plan: Ask your pediatrician how to adapt the plan to your family . It calls for :
 - 5 servings of fruit and vegetables per day
 - 2 hours or less of TV per day
 - 1 hour of physical activity per day
 - 0 or nearly zero sugar sweetened beverages (soda, Sweet tea, sports drinks & juice)
 - Get the whole family on this plan today and watch as everyone gets healthier.

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