



# School Health News

October 2010

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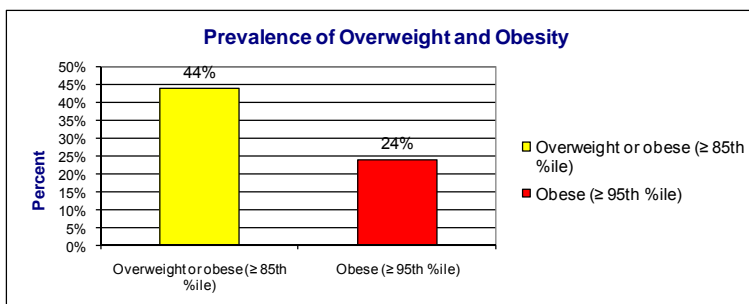
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## BMI Measurements for Grades 3 & 5

In the Spring of this year, the State of Ohio passed legislation requiring Ohio schools to take a more active role in the health of our state's children. The law, Healthy Choices for Healthy Children requires every school district to measure the height and weight of students in Kindergarten, and grades 3, 5, and 9. We must then take the information and calculate their BMI or Body Mass Index. This confidential information is then sent only to the individual parents of the screened child. The parent receives information about their child's height, weight, and BMI %, which is based on how their child compares to other children of the same age. This allows the parent to determine how their child scores on a percentage scale; being either under weight, at their ideal weight, overweight or obese.

Several weeks ago, Nurse Lori O'Hearn and I completed confidential weights and heights on students in grades 3 and 5. Lori is an RN at Adena Health System and is following me this quarter, completing her preceptorship for her Bachelor's Degree in Nursing. We completed all the measurements and then she developed a spread sheet to calculate each student's BMI %. Information sheets with individual student's results as well as fact sheets for healthy activities and maintaining healthy weight will be sent to parents of 3rd and 5th graders this week. We will be screening the Kindergarten and 9th graders in a few weeks.

The state requires that we submit cumulative data to them in May 2011. This will be a group result, and no individual students results will be sent to the state or published. It is the hope of local school nurses that having this data available for the state will allow some funds to be available in the future to help maintain the health of our students. While many studies have made general statements about the overall health and wellness of school children; this large scale, state wide study will provide some definite numbers for the state to work with in planning for funding of future healthy programs for Ohio's school children.



Nurse Lori (left) & Nurse Kelly (right) complete BMI screening on a 3rd grader. Graph above shows % of 3rd & 5th graders who may be considered overweight or obese.

Summary of Children's BMI-for-Age			
	Boys	Girls	Total
Number of children assessed:	164	143	307
Underweight (< 5th %ile)	2%	3%	3%
Normal BMI (5th - 85th %ile)	49%	58%	53%
Overweight or obese (≥ 85th %ile)*	49%	38%	44%
Obese (≥ 95th %ile)	24%	24%	24%

\*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

The graph above details the number of 3rd and 5th graders screened, 307. It details the % of those total students and each category that they fall into. Parents will receive this information about their own child in a letter that explains this process and what each level means. Those letters will go home on November 1st.

Special thanks to Nurse Lori O'Hearn for her help with the BMI project and all of her work on the data input and statistics for the State of Ohio!

## Who is Nurse Lori?

Nurse Lori O'Hearn is a Registered Nurse employed at Adena Health System who works in the case management department. She is completing her BSN and as part of that training, is required to spend many hours in her final quarter with another BSN. She asked to come to Unioto to learn about school nursing and what nursing is like, outside of a hospital. She was required to do a final community related project, and she selected the BMI requirement from the State of Ohio. We both worked on this project, but she collated all the data and placed it into a usable format and created a spread sheet and the informational letters we are sending home to parents. She has also assisted me with patient care issues and what role the School Nurse plays in children's health and wellness. I thank her for her efforts to make this a very successful quarter and for her help with the BMI screenings!

### Nurse's Notes

I completed on site training on Blood Borne Pathogens for the Transportation staff and the Cafeteria staff. Due to their work schedules they were unable to complete the training on-line as the rest of us were.

Last week I attended a special training session in Columbus sponsored by the Save-our-Sight group which focused on vision screenings of preschoolers. I have now been certified as a "preschool vision screener" and in addition, our school will receive new screening equipment, valued over \$300, free of charge, since I attended this training.

A week ago I attended the Pike-Ross School Nurses Association meeting with other school nurses from the area.

### EMT NEWS

#### November News

Nov 11th - no school

Nov 12 - no school

Nov 24, 25, 26  
Thanksgiving



Our senior EMT class has been busy learning the body parts & functions since completing laws & legal aspects. We have studied and learned about the names of the bones, how digestion works, and just now learning important information about the heart and how it works. Airway management and vital signs will follow as we begin our 2nd nine weeks of school.