

UNK BMI Report Card

A web application designed for management of school-based BMI Screening data and parental reporting of BMI data



Thank you for your interest in the UNK BMI Report Card. We are very excited about the potential of sharing our BMI Report Card web application with schools throughout Nebraska. Tracking prevalence data and increasing parental awareness of BMI percentiles may play a significant role in combating childhood obesity in the state of Nebraska. In order for schools to use the BMI Report Card web application and parental reporting system, it is essential that administrators, health services personnel and potentially the local medical community work together to ensure success. Below we have included talking points regarding the system, an example BMI Report Card, and an overview of costs to share with administrators and as you begin to investigate the possibility of implementing the BMI Report Card in your school/district. We would highly suggest you contact your local health district as well, as many have shown interest in supporting school implementation of this program and resources may be available to help with implementation.

Significance

The prevalence of obesity among children worldwide is increasing rapidly. Data from two NHANES surveys (1976–1980 and 2009–2010) show that the prevalence of obesity is increasing: for children aged 2–5 years, prevalence increased from 5.0% to 12.1%; for those aged 6–11 years, prevalence increased from 6.5% to 18.0%; and for those aged 12–19 years, prevalence increased from 5.0% to 18.4%. The American Academy of Pediatrics and the Institute of Medicine recommend annual assessment of student's height and weight, along with the calculation of age- and gender-specific body mass index (BMI) percentiles and notifying parents of the results, as one school-based obesity prevention strategy. BMI is an acceptable measure of weight status (underweight, normal weight, overweight or obese) and schools are logical measurement sites.

Several studies have evaluated school-based BMI screening and parent notification programs suggesting that parent notification programs increase parental awareness of their child's weight status, elicit parental support for the program and may be a useful prevention tool for children. The BMI Report Card web application has been developed by the University of Nebraska at Kearney to provide school nurses and staff with a mechanism for calculating BMI using students' body weight, stature and then classify the student based on BMI percentiles developed by the Centers for Disease Control and Prevention. The site also allows school nurses to print BMI Report Cards to deliver information to parents and aggregate data to be used by school districts, counties and state officials for prevalence reporting.

Overview of website

The UNK BMI Report Card web application has been designed by faculty at the University of Nebraska Kearney Human Performance Laboratory and developed by Intellicom – Intelligent Business Consultants of Kearney Nebraska. There are two major objectives of the website. First, the website provides school nurses with a mechanism to calculate BMI and BMI percentiles of students easily while tracking student's weight status over time to merge with other health data. It also allows school districts to aggregate data for reports; grant applications and state based reporting. Second, the BMI Report Card website allows school nurses to print an individual report card for parents to raise awareness in regards to child's BMI percentile, the health risks associated BMI percentile and give them resources to address their child's weight if necessary (see attached example).

Resources Necessary to Use Website

- Schools must weigh and measure students using standard procedures outlined by the Nebraska Department of Health and Human Services and use valid body weight scales and height stadiometers.
- Student information must be obtained from the school enrollment officer to upload into the system; Student ID, Last Name, First Name, gender, DOB, grade
 - The website has built-in security and will encrypt identifying information. The school nurse and school administrator will be the only people with access to this information.
- Once height, weight, gender and date of birth are entered, the website will calculate BMI, BMI percentile and generate aggregate and individual reports.
- BMI Report Cards must be printed in color. Color templates are provided from UNK as part of the cost for easy printing using standard black and white printers.

Cost

Included in cost: One year site license, training, and technical assistance.

All BMI Report Cards must be printed in color. There are three price options based on printing:

Option 1: District prints their own BMI Report Cards (in color): **\$200 yearly** site license includes training and technical assistance for up to 4 nurses. (Each additional nurse \$50)

Option 2: Includes one-year site license, technical assistance for any number of nurses and color paper templates printed and shipped to district to print onto using black and white printers.

Cost per student = <1000 Students: \$0.35/student; 1000-8000 students: \$0.20/student; >8000 students \$0.15/student

Option 3: Includes one-year site license, technical assistance for any number of nurses and BMI Report Cards printed in color, folded and shipped to district.

Cost per student = <1000 Students: \$0.55/student; 1000-8000 students: \$0.40/student; >8000 students \$0.35/student

Next Steps

If you are interested in using the BMI Report Card please fill out the survey at bmireportcard.com (link to survey in the upper left hand corner). The survey will give us an idea on how best we can assist you in getting started using the BMI Report Cards in your school. You may also contact Bryce Abbey directly to expedite implementation. A memorandum of agreement will be issued and must be signed by UNK and the District Administrator prior to receiving passwords and training. All training will be conducted via Distance Education or Teleheath.

Thank you for your interest in the UNK BMI Report Card. Please let us know if there is any other information you may need or if we can assist you in any way. We look forward to working with you in the future.

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