

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 the mid-west region. Tracking prevalence data and increasing parental awareness of BMI percentiles may play a significant role in combating childhood obesity in the region. 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.

Significance

The prevalence of obesity among children worldwide is increasing rapidly. Data from two NHANES surveys (1976–1980 and 2015–2016) show that the prevalence of obesity is increasing: for children aged 6–11 years, prevalence increased from 6.5% to 18.4%; and for those aged 12–19 years, prevalence increased from 5.0% to 20.6%. 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 screenings and parent notification programs suggesting that notification increases parental awareness of their child's weight status, elicits parental support for the program and may be a useful prevention tool. 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 schools to email BMI Report Cards to parents and generate 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 at Kearney Physical Activity and Wellness 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 web application allows school nurses to email an individual report card for parents to raise awareness in regards to child's BMI percentile, the health risks associated with BMI percentiles and give them resources to address their child's weight if necessary.

Resources Necessary to Use Web Application

- Schools must weigh and measure students using standard procedures outlined by the 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, Primary e-mail, Secondary e-mail
 - 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.
- An iPad app, that works in conjunction with the BMI Report Card web application, has been developed to assist schools in the weight and height data collection process.
- Once height, weight, gender and date of birth are entered, the website will calculate BMI, BMI percentile and generate aggregate and individual reports.
- We recommend distributing BMI Report Cards via e-mail, however BMI Report Cards may be printed when color printing is available.

Next Steps

If you are interested in using the UNK BMI Report Card web application, please fill out the survey at bmireportcard.com (link to survey in the upper right 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. Or, you may also contact Bryce Abbey or Kate Heelan 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 using distance communication.

Thank you for your interest in the UNK BMI Report Card web application. 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.

Kate Heelan, PhD, FACSM
Professor/Director

heelanka@unk.edu

Physical Activity and Wellness Laboratory
University of Nebraska at Kearney
Kearney, NE 68849
phone: 1-308-865-8336
www.unk.edu/pawl

Bryce Abbey, PhD
Associate Professor
abbeybm@unk.edu