

# BMI Toolkit

The Centers for Disease Control and Prevention advises that body mass index (BMI) is a reliable method to assess if a child is at a healthy weight. Encouraging patients to become familiar with this number can help put them on the path to a healthier lifestyle.

CDPHP® continues to research the latest findings and materials that may be of value to you in caring for your young patients. To make it easier for you, we've gathered some helpful materials.

## RESEARCH AND GUIDANCE

- Review some of the latest information about BMI basics, including percentile recommendations, identifying overweight and obesity in pediatric patients, and common symptoms of conditions associated with obesity.
- Find tips for clearly communicating this sensitive topic and motivating families to live healthy lifestyles.

## HEALTHY KIDS Rx

Use the provided prescription pad to remind parents, caregivers, and children of the resources available to them at [www.cdphp.com/healthykids](http://www.cdphp.com/healthykids). CDPHP encourages you to share this information with all of your patients. However, if they are CDPHP members, we recommend advising them of the many resources available to members at no or low cost, including free classes to help families eat right and get active.

## Print Materials for Your Patients

Download and print items from the Provider Resources section of [www.cdphp.com](http://www.cdphp.com). These materials will guide parents and caregivers in providing nutritious meals and encouraging physical activity. If you would like a hard copy of any resource in the toolkit mailed to you, please call provider services at (518) 641-3500 or toll free 1-800-926-7526.



**A plan for life.**