

Continuing in your child's school The Pennsylvania Growth Screening Program to assess your child's weight status

A public school nurse or teacher is required to annually conduct height and weight measurements, calculate Body Mass Index (BMI), plot the information on growth charts and record the measures in the school health record. School nurses are to inform parents about their child's results and recommend that parents share the information with their health care providers.

These websites are resources recommended by PADA*
for more information about
food, nutrition and physical activity.



Pennsylvania Dietetic Association

www.eatrightpa.org



American Dietetic Association's *Good Nutrition Reading List*

www.eatright.org

(Click on "Food & Nutrition Information," then on "Good Nutrition Reading List.")

American Dietetic Association's *Find a Nutrition Professional*

(Click on *Find a Nutrition Professional* on the home page.)

PA Department of Health, Division of School Health

www.health.state.pa.us/schoolhealth



Pennsylvania Advocates for Nutrition and Activity

www.panaonline.org



*Since 1932, the Pennsylvania Dietetic Association has been a not-for-profit organization and represents nearly 3,400 nutrition professionals with the mission to promote health through nutrition education and research. (6/08)