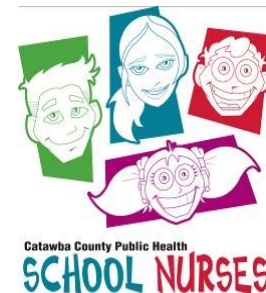


# 2008-2009 Review of BMI Data from Catawba County Schools



## Understanding BMI for Children and Teens

### What is BMI?

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for most children and teens.

### What is a BMI percentile?

After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

### How is BMI used with children and teens?

BMI is used as a screening tool to identify possible weight problems for children. BMI ranges for children and teens are defined so that they take into account normal differences in body fat between boys and girls and differences in body fat at various ages.

\*Definitions taken from [www.cdc.gov](http://www.cdc.gov)

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

## Screening in Catawba County

- Students are screened in 1st, 5th, 7th, and 9th grades
- In 2008-2009 6,190 students were screened in 34 schools.
- All students have a letter sent home with their BMI rank and educational information on healthy eating and exercise.

## Fittest and Most At-risk Schools

### Fittest Elementary (1st)

1. Clyde Campbell
2. Sherrills Ford
3. Mt. View
4. Startown
5. Tuttle

### At-risk Elementary (1st)

1. S. Newton and Thornton
2. Viewmont
3. St. Stephens
4. Banoak
5. Catawba

### Fittest Elementary (5th)

1. Clyde Campbell
2. Tuttle
3. Jenkins
4. Blackburn
5. Mt. View

### At-risk Elementary (5th)

1. Viewmont
2. Catawba
3. St. Stephens
4. Balls
5. Banoak

### Fittest Middle (7th)

1. Mill Creek
2. Northview

### At-risk Middle (7th)

1. Grandview
2. River Bend

### Fittest High School (9th)

1. St. Stephens
2. Maiden

### At-risk High School (9th)

1. Challenger
2. Fred T. Foard

\*ACT Program was excluded due to small numbers



**Catawba County Schools  
BMI Data 2008-2009**

Number Screened

< 5%

5-85%

> 85%

Referred

**1st Grade**

<b>1</b>	ACT Program	5	0	3	2	
			0	60%	40%	
<b>2</b>	Balls Creek Elementary	101	1	61	39	40
			0.99%	60.40%	38.61%	
<b>3</b>	Banoak Elem School	42	1	22	19	
			2.38%	52.38%	45.24%	
<b>4</b>	Blackburn Elementary	105	1	78	26	27
			0.95%	74.29%	24.76%	
<b>5</b>	Catawba Elementary	72	0	41	31	31
			0	56.94%	43.10%	
<b>6</b>	Claremont Elementary	52	5	31	16	
			9.62%	59.62%	30.77%	
<b>7</b>	Clyde Campbell Elementary	109	3	99	7	7
			2.75%	90.83%	6.42%	
<b>8</b>	Jenkins Elementary	85	5	54	26	31
			5.88%	63.53%	30.59%	
<b>9</b>	Longview Elementary	75	1	43	31	31
			1.33%	57.33%	41.33%	
<b>10</b>	Lyle Creek Elementary	84	1	55	28	
			1.19%	65.48%	33.33%	
<b>11</b>	Madien Elementary	99	2	58	39	41
			2.02%	58.59%	39.39%	
<b>12</b>	Mt. View Elementary	113	3	89	21	24
			2.65%	78.76%	18.58%	
<b>13</b>	Murray Elementary	65	0	42	23	23
			0	64.62%	35.38%	
<b>14</b>	Oakwood Elementary	69	0	41	28	28
			0	59.42%	40.58%	
<b>15</b>	Oxford Elementary	92	1	57	34	
			1.09%	61.96%	36.96%	
<b>16</b>	S Newton and Thornton	84	0	43	41	41
			0	51.19%	48.81%	
<b>17</b>	Sherrills Ford Elementary	93	1	76	16	17
			1.08%	81.71%	17.20%	
<b>18</b>	Southwest Elementary	56	4	34	18	18
			7.14%	60.71%	32.14%	
<b>19</b>	St. Stephens Elementary	108	0	59	49	49
			0	54.63%	45.37%	
<b>20</b>	Startown Elementary	111	0	84	27	27
			0	75.68%	24.32%	
<b>21</b>	Sweetwater Elementary	45	0	28	17	24
			0	62.22%	37.78%	
<b>22</b>	Tuttle Elementary	69	2	52	15	17
			2.90%	75.36%	21.74%	
<b>23</b>	Viewmont Elementary	112	0	60	52	52
			0	53.57%	46.43%	
<b>Totals</b>		<b>1846</b>	<b>31</b>	<b>1210</b>	<b>605</b>	<b>528</b>
<b>Percentages</b>			<b>1.68%</b>	<b>65.55%</b>	<b>32.77%</b>	

**Catawba County Schools  
BMI Data 2008-2009**

Number Screened

< 5%

5-85%

> 85%

Referred

**5th Grade**

<b>1</b>	ACT Program	5	0	2	3	
			0	40%	60%	
<b>2</b>	Balls Creek Elementary	98	0	47	51	51
			0	47.96%	52.04%	
<b>3</b>	Banoak Elem School	58	0	28	30	
			0	48.28%	51.72%	
<b>4</b>	Blackburn Elementary	109	0	73	36	36
			0	66.97%	33.03%	
<b>5</b>	Catawba Elementary	64	0	30	34	34
			0	46.88%	53.12%	
<b>6</b>	Claremont Elementary	67	3	37	27	
			4.48%	55.22%	40.30%	
<b>7</b>	Clyde Campbell Elementary	116	0	85	31	31
			0	73.28%	26.72%	
<b>8</b>	Jenkins Elementary	73	2	50	21	23
			2.74%	68.49%	28.77%	
<b>9</b>	Longview Elementary	63	0	31	32	32
			0	49.21%	50.79%	
<b>10</b>	Lyle Creek Elementary	71	0	46	25	
			0	64.79%	35.21%	
<b>11</b>	Madien Elementary	73	4	41	28	32
			5.48%	56.16%	38.36%	
<b>12</b>	Mt. View Elementary	111	3	74	34	
			2.70%	66.67%	30.63%	
<b>13</b>	Murray Elementary	66	0	34	32	32
			0	51.52%	48.48%	
<b>14</b>	Oakwood Elementary	70	2	41	27	27
			2.86%	58.57%	38.57%	
<b>15</b>	Oxford Elementary	96	0	48	48	
			0	50%	50%	
<b>16</b>	S Newton and Thornton	84	0	43	41	41
			0	51.19%	48.81%	
<b>17</b>	Sherrills Ford Elementary	82	3	49	30	33
			3.66%	59.76%	36.59%	
<b>18</b>	Southwest Elementary	58	1	29	28	28
			1.72%	50%	48.28%	
<b>19</b>	St. Stephens Elementary	117	0	55	62	62
			0	47.01%	52.99%	
<b>20</b>	Startown Elementary	116	1	62	53	54
			0.86%	53.45%	45.69%	
<b>21</b>	Sweetwater Elementary	27	0	17	10	12
			0	62.96%	37.04%	
<b>22</b>	Tuttle Elementary	72	0	52	20	20
			0	72.22%	27.78%	
<b>23</b>	Viewmont Elementary	79	1	33	45	46
			1.67%	41.77%	56.96%	
<b>Totals</b>		<b>1775</b>	<b>20</b>	<b>1007</b>	<b>748</b>	<b>594</b>
<b>Percentages</b>			<b>1.13%</b>	<b>56.86%</b>	<b>42.24%</b>	

**Catawba County Schools  
BMI Data 2008-2009**

Number Screened

< 5%

5-85%

> 85%

Referred

**7th Grade**

1	ACT Program	4	0	3	1	
			0	75%	25%	
2	Grandview Middle	144	1	73	70	71
			0.69%	50.70%	48.61%	
3	Jacobs Fork Middle	250	5	153	92	
			2%	61.20%	36.80%	
4	Maiden Middle	198	4	111	83	87
			2.02%	56.06%	41.91%	
5	Mill Creek Middle	232	5	147	80	85
			2.16%	63.36%	34.48%	
6	Northview Middle	195	2	122	71	73
			1.03%	62.56%	36.41%	
7	River Bend Middle	253	8	127	118	
			3.16%	50.20%	46.64%	
<b>Totals</b>		<b>1276</b>	<b>25</b>	<b>736</b>	<b>515</b>	<b>316</b>
<b>Percentages</b>			<b>1.96%</b>	<b>57.68%</b>	<b>40.36%</b>	

**9th Grade**

1	Challenger High School	97	3	43	51	54
			3.09%	44.33%	52.58%	
2	Fred T. Foard High School	238	2	125	111	111
			0.84%	52.52%	46.64%	
3	Hickory High School	272	1	155	116	116
			0.37%	56.99%	42.65%	
4	Maiden High School	161	1	125	35	36
			0.62%	77.64%	21.74%	
5	Bunker Hill High School	249	2	143	104	106
			0.80%	57.43%	41.77%	
6	St. Stephens High School	276	0	227	49	49
			0	82.25%	17.75%	
<b>Totals</b>		<b>1293</b>	<b>9</b>	<b>818</b>	<b>466</b>	<b>472</b>
<b>Percentages</b>			<b>0.70%</b>	<b>63.26%</b>	<b>36.04%</b>	

**ALL STUDENTS**

<b>Totals</b>		<b>6190</b>	<b>85</b>	<b>3771</b>	<b>2334</b>	<b>1910</b>
<b>Percentages</b>			<b>1.40%</b>	<b>61.11%</b>	<b>37.56%</b>	