

Sample Referral Letter to Parents for Overweight

(School Letterhead)

(Date)

Dear Parent,

_____ recently weighed and measured children in our
(School Name)
school to determine how they are growing. Your child's weight was found to be low/high for height and age. This does not necessarily mean you child is underweight/overweight, but your child may have a greater likelihood of developing this condition. The best person to evaluate your child's weight status is your child's regular doctor or health care provider.

We encourage you to make sure your child has annual medical checkups by a physician. The doctor will weigh and measure your child, may ask questions about your child's growth since birth, and may ask about the heights and weights of your children's close biological relatives. If your child is too thin/heavy, your doctor will tell you so. Ask your doctor for advice about good nutrition and physical activity.

If you do not have health insurance or access to health care, please contact me for information about possible medical services.

Please do not put your child on a weight gain/loss diet. For information on helping an underweight/overweight child, you may get the pamphlet "Helping Your Overweight Child" by calling 1-877-946-4627.

If you have any questions, please call me at (phone number).

Sincerely,

(Name)
School Nurse