



High and Weight Measures - Body Mass Index (BMI) Data Collection

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. BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an easy-to-perform method of screening for weight categories that may lead to health problems.

As part of the elementary school health screenings, CAST completed its fourth year of gathering student height and weight measures at the start of the school year. Students are weighed and measured and their body mass index calculated.

Click here to visit a summary of our first year of these measures: [Link to report](#)