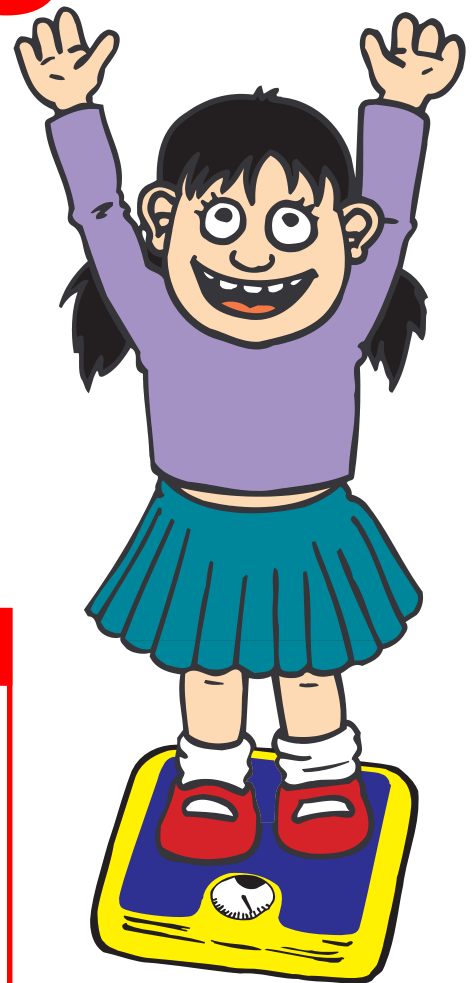


Is your child **overweight?**

It is important for your child to maintain a healthy weight. If he weighs more than he should for his height, he is overweight.

The weight for height tables for school-going boys and girls are enclosed. The tables were developed after measuring the heights and weights of 30,000 students aged 6-18 years, taken over a period of 4 months from January to April 1993. These students were representative of the student population.



Measure your child's height and weight.

Date of measurement = _____

My child's height = _____ cm
a

My child's weight = _____ kg
b



For this height*, the healthy weight range should be between:

_____ kg and _____ kg.
c d

If your child is overweight, think about your family's habits, activities and practices. Could these be contributing to your child being overweight?

If you often include high-fat foods in your family's diet and do not encourage your child to be physically active, your answer may be 'Yes'.