

Measuring Height & Weight

An initiative of the Obesity, Nutrition & Physical Activity Program

Our Measurement Program

We follow a rigorous, standard protocol to calculate BMI through height and weight measurements. BMI stands for Body Mass Index – an inexpensive and easy method to categorize weight status (e.g., underweight, normal weight, overweight, obese).

Our method is surveillance, which involves the systematic collection, analysis and dissemination of health data for the planning, implementation and evaluation of public health programs.

Surveillance	vs	Medical Screening
Used to monitor population health		Used to diagnose and treat a patient
Population-based		Patient-based
Anonymous		Tied to a patient's identity
Collected by public health officials or researchers		Collected by clinicians
Randomized sample		Clinician's caseload

Purpose

- Monitor childhood obesity over time
- Identify at-risk populations
- Guide state and local prevention efforts
- Inform appropriate resource allocation



Measurement Methods

Population

- Kindergarten and third grade students

Sampling Method

- 70 randomly selected NM elementary schools
- Interested schools not selected in the sample can still participate. Their data are not included in surveillance analyses and reports.

Timeline

- Annually between the beginning of the school year until Thanksgiving

Procedure

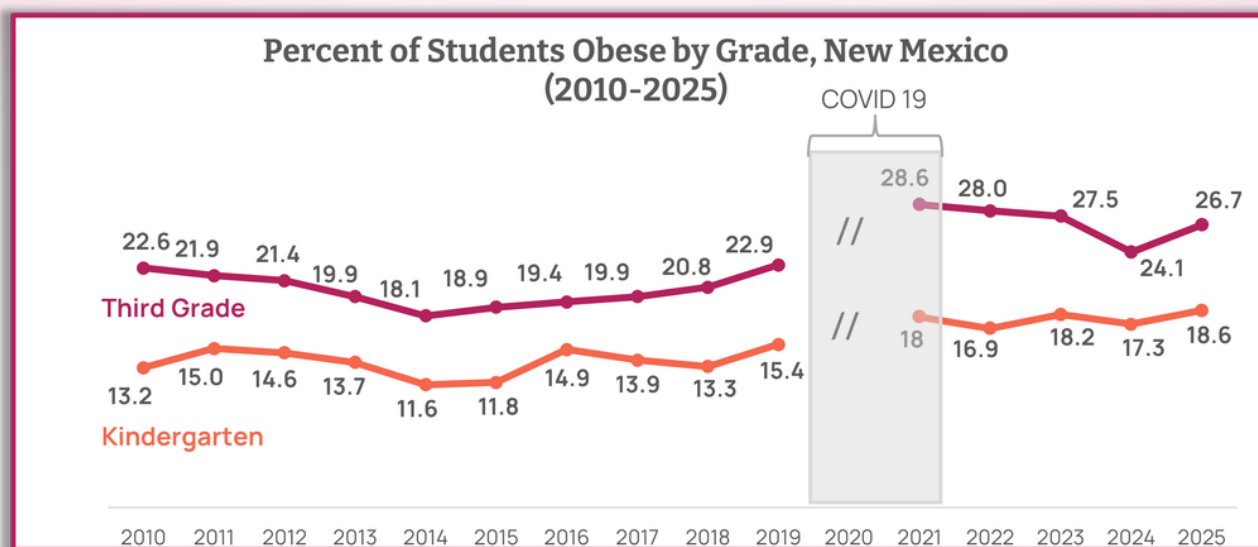
- Use a standard protocol to ensure accuracy and integrity of the data
- Assure student privacy with careful placement of measurement stations and privacy screens

Partners

- Schools, nursing programs, and volunteers across the state



NM Childhood Weight Status



*Obesity rates since COVID-19 are only representative of non-metro areas of the state.

What We Do with the Data

After collecting the data from schools, NMDOH:

- Analyzes the data
- Creates a statewide report (**Schools are never identified in any public report.**)
- Provides a confidential report to each school
- Shares the statewide report with policy makers, state agencies and the public
- Discusses each school's report with school leadership

Weight status data have contributed to shaping healthier school environments.

Based on their reports, schools have made the following changes:

- Established edible gardens and incorporated nutrition education into curricula
- Scheduled recess before lunch, a national best practice
- Planned walking and biking events
- Implemented healthy fundraising
- Awarded grants for playground equipment



Walk & Roll to School (Colfax County)

For questions about our data collection, please contact:

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