



# West Virginia HealthCheck

## 13 Year Visit

### What to Expect at the 13 Year Visit

Your child is now a **teenager**. Your 13 year old may desire a sense of independence, but they still want and need their parents' help. Most 13 year olds are concerned about physical development, being liked by friends, and good grooming (even though they don't like to admit it). During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?

Your provider may talk separately with your child about:

How do you feel about the way you look? Do you have any concerns about your weight?

How do you get along with your family?

What do you enjoy at school? Are you having difficulty with any subjects?

Do you worry a lot or feel overly stressed out? How do you cope with stress?

Have you (or your friends) ever experimented with smoking, spit tobacco, alcohol or **other drugs**?

- Your child's height, weight, BMI and blood pressure will be measured.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you information about risk reduction and talk about avoiding **peer pressure**.

### Preventive Care Tips: Body Mass Index (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. BMI does not measure body fat directly, but BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. For children and teens, BMI is age- and sex-specific.

Calculating and interpreting BMI involves the following steps:

1. Before calculating BMI, accurate height and weight measurements are obtained.
2. BMI is calculated using a **standard formula**.
3. The BMI number is plotted on the Centers for Disease Control and Prevention (CDC) BMI-for-age **growth charts** (for either girls or boys) to obtain a percentile ranking.

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. The growth charts show the weight status categories used with children and teens (underweight, healthy weight, overweight, and obese).

BMI-for-age weight status categories and the corresponding percentiles are shown in the following table:

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

How is BMI used with children and teens?

BMI is used as a screening tool to identify possible weight problems for children. CDC and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight and obesity in children beginning at 2 years old. For children, BMI is used to screen for obesity, overweight, healthy weight, or underweight. However, BMI is not a diagnostic tool. For example, a child may have a high BMI for age and sex, but to determine if excess fat is a problem, a health care provider would need to perform further assessments. These assessments might include **skinfold thickness measurements**, evaluations of diet, physical activity, family history, and other appropriate health screenings.

### What To Expect At The 14 Year Visit

- Your child will have a dyslipidemia risk screen.
- Your child will have a behavioral risk screen.

**West Virginia HealthCheck Program**

**1-800-642-9704**

[www.dhr.wv.gov/healthcheck](http://www.dhr.wv.gov/healthcheck)

**Transportation Assistance**

**Contact MTM to schedule a ride**

**1-844-549-8353**

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)