

**Child Health and Disability Prevention Program  
Nutrition Subcommittee**

*Workgroup Leader*  
Marilyn Whitford, Ventura County

**2010-2011**

*Workgroup Members*

*Chair* Annabelle Cadiz, Contra Costa County  
*Chair-elect* Marilyn Whitford, Ventura County

Mary DeBusman, Alameda County  
Yvette Rivas Bedrosian, San Mateo County  
Karen Ambrecht, Shasta County

May 6, 2011

Dear CHDP Directors and Deputy Directors:

The CHDP Nutrition Subcommittee is pleased to announce the revision of the 2006 BMI training module, ***Assessing Child Growth Using Body Mass Index (BMI)-for-Age Growth Charts***.

The revised training module now includes the current CDC weight categories and BMI-for-age percentile ranges as well as step-by-step instructions for recording measurements and BMI-for-age percentile on the PM 160 Confidential Screening/Billing Report form. The training presentation and supporting materials may be accessed easily from the CHDP website:

<http://www.dhcs.ca.gov/services/chdp/Pages/BMITraining.aspx>.

**Why is this training module useful to county CHDP programs?**

The BMI training module will make it easier for CHDP programs to educate providers and their staff to make Body Mass Index screening a standard clinical practice for all children ages two to twenty years. CHDP providers are aware of the importance of using BMI during the CHDP exam to assess child growth for the early identification of childhood overweight and obesity. However, because of staff turnover, there is a continual need for provider and staff training on BMI screening. The module includes essential clinical tools, worksheets, and handouts intended for assembly as a complete training packet for each participant.

CHDP nutritionists, health educators, and public health nurses across California have pilot-tested the training modules with CHDP staff and providers. Evaluations indicate that following the training participants feel confident in their ability to use BMI-for-age growth charts and would recommend the training to other health care providers.

**Who can be trained with this module?**

This training module is designed for training local CHDP providers and staff as well as local CHDP program staff. It is suited for pediatricians, nurse practitioners, physician assistants, nurses, medical assistants, nutritionists, health educators, and community health workers.

**Who can present this training and how long will it take?**

The presentation includes detailed talking points and information to guide CHDP health professional staff members who may not have an extensive background on child growth assessment and Body Mass Index. The presentation is designed to be modified to meet the needs of each county according to the audience and the amount of training time available. The presentation, if given in its entirety, takes approximately one hour. See the attached 4-page user guide for suggestions on customizing the presentation and training packets.

If you have any questions about these materials, please contact Robin Qualls, PHN, MPH, CMS Nurse Consultant, at (916) 327-3080 or email [Robin.Qualls@dhcs.ca.gov](mailto:Robin.Qualls@dhcs.ca.gov).

Sincerely,

Annabelle Cadiz, MS, RD  
Chair, CHDP Nutrition Subcommittee