Procedure D-1: Body Mass Index (BMI) Evaluation

I. Type of visits when expected to evaluate BMI

   A. New sport physicals and any physical exam.

   B. New family planning exams and annually at established family planning exam.

II. Recording BMI in chart

   A. Plot height and weight on growth chart and the Sports Qualifying Physical Examination Form.

   B. Document BMI on vital sign section of the Reproductive Health Visit for family planners and height, weight and BMI on growth chart at least annually.

III. Referrals / Follow up

   A. Refer to SBC Registered Dietitian when BMI is >25.0.

   B. If client has a minor consent and needs more that one visit with RD, give parent consent and when parent signs consent, client can have unlimited visits with RD.

   C. My Healthy Living Goals will be handed out and discussed with client. This form can be handed out for all clients even if they have a normal BMI.

   D. Help clients who do not have insurance to get on insurance so referrals can be made out of clinic if concerned about co-morbid health issues such as PCOS, hypertension, dysthymia, etc.

IV. A BMI chart audit will be repeated in mid-January, 2012.