

# NEWS RELEASE

For Immediate Release  
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## WRMC Hosts “Understanding Your Child’s BMI

(Batesville, Ark.) – Body Mass Index (BMI) is a measurement that helps determine if a child’s weight is appropriate for his or her height. BMI is the best indicator of a child’s body fat and is particularly helpful in identifying children and adolescents who are at risk of becoming overweight, as they get older.

Parents are invited to come to White River Medical Center on March 4<sup>th</sup> to learn more about this topic through the University of Arkansas for Medical Sciences Interactive Television Network. Joy C. Rockenbach, Program Director for the BMI Project at the Arkansas Center for Health Improvement at UAMS, will discuss effective ways to

improve children's BMI. She will also review the new legislation that requires schools to reports student's BMI to parents.

The program is scheduled for March 4, 2004 at 6:00 p.m. in the Education Department, Collier Annex Building on the WRMC Campus. Jennifer Coleman, a WRMC nutritionist, will facilitate the program in Batesville. For more information and to register, call 870-793-1486.