

**Montgomery County Youth Center
BMI Report for School Year 2016-2017
September 2016-June 2017**

Upon admission to the facility each resident has a medical intake. As part of the intake process, height and weight is obtained for each resident. This data is used to calculate BMI for each resident. Every resident is scheduled to have their height and weight measured every thirty (30) days during their stay at the facility. The category determination for BMI is made utilizing the following chart:

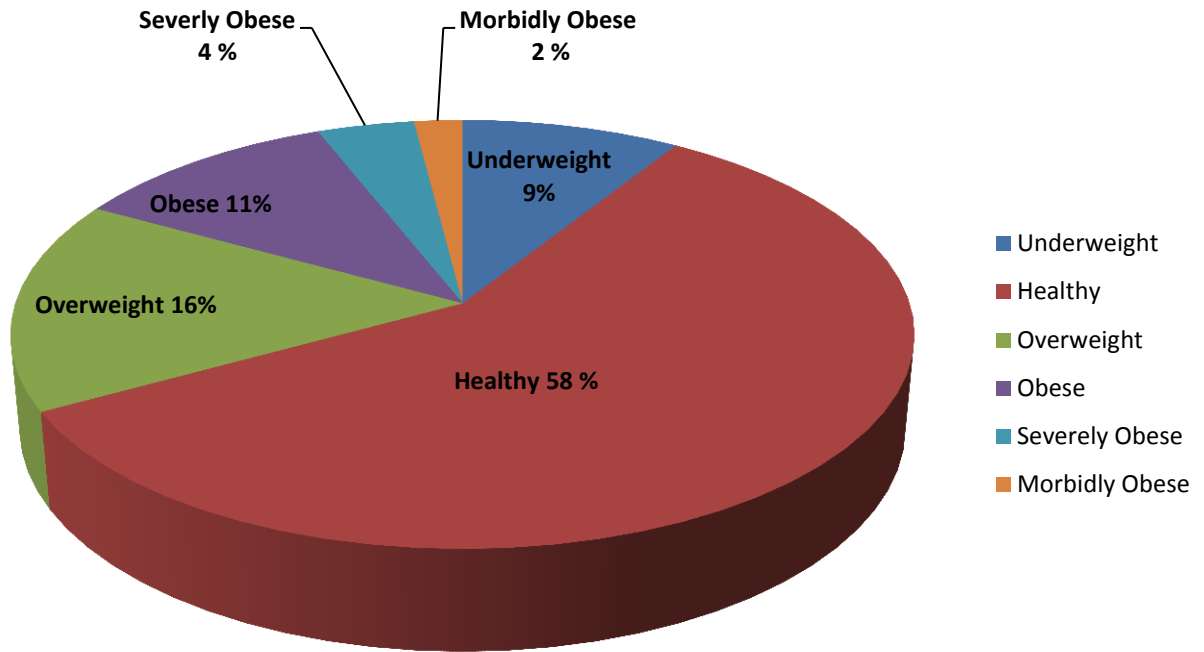
BMI Category	BMI Range
Underweight	Less than 18.5
Healthy	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	40 and above

The majority of residents are in the secure detention program, and therefore are at the facility for less than thirty (30) days. The first graph included in the report is the intake BMI for all detention and shelter residents who entered our facility during the school year 2016-2017.

The sample size for total intakes is 407 residents. Of those, the breakdown for BMI Category upon admission is as follows:

BMI Category	Percentage of Residents
Underweight	9%
Healthy	58%
Overweight	16%
Obese	11%
Severely Obese	4%
Morbidly Obese	2%

Intake BMI Category for all Intakes for 2016/2017 School Year



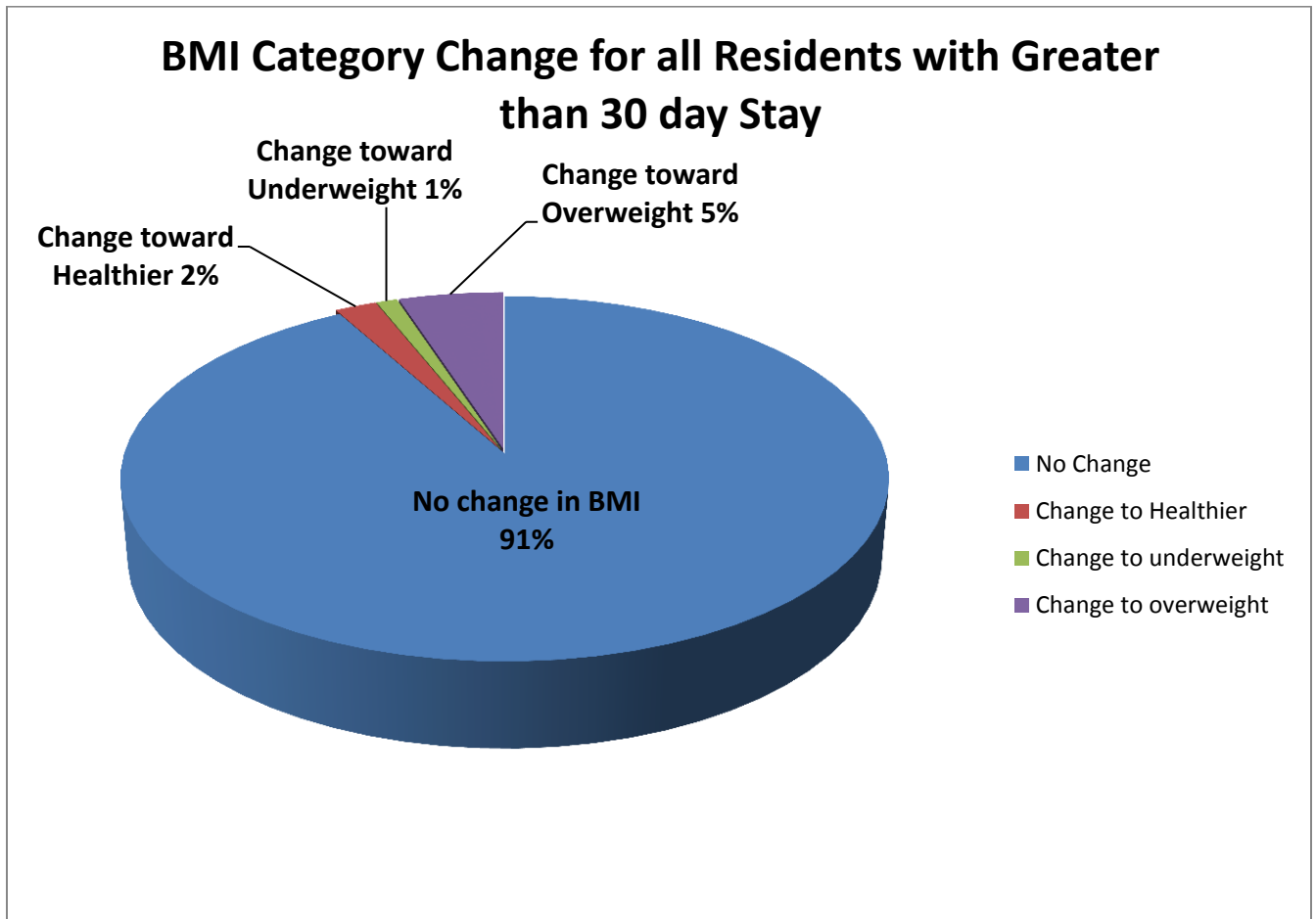
As the table shows, the majority of juveniles entering the facility arrive at a healthy BMI. All residents are offered healthy food choices at all meals, including a salad bar offered at lunch and dinner daily with fresh vegetables and greens. All residents are encouraged to make healthy food choices during their stay. Also available to the residents during their time at the facility are a gym and weight room.

Once a resident has been in the facility for longer than thirty days (30), a repeat BMI is obtained at the thirty day mark and every thirty days thereafter until release. During the 2016/2017 school year, there were 94 residents who remained in the facility for longer than 30 days and who had multiple BMI readings obtained. The table below shows the resident's identifier #, their BMI at intake, their BMI at release, and then the BMI category at intake and release. Any resident who has an asterisk by their initials is a resident who had a change in BMI category during their stay at the Montgomery County Youth Center.

Resident Identifier #	Intake BMI	Release BMI	Intake BMI Category	Release BMI Category
S-3397	18.10	18.10	Underweight	Underweight
S-3383	19.10	20.10	Healthy	Healthy
D-13757-3	18.00	18.00	Underweight	Underweight
D-13699-2	21.90	21.90	Healthy	Healthy
S-3481-2	21.30	21.30	Healthy	Healthy
D-13837	23.80	24.90	Healthy	Healthy
S-3499	25.50	25.00	Overweight	Overweight
S-3500	20.20	22.20	Healthy	Healthy
D-13689-2	24.00	23.70	Healthy	Healthy
D-13844 *	17.90	19.00	Underweight	Healthy
S-3462	17.60	17.60	Underweight	Underweight
S-3406	29.00	29.00	Overweight	Overweight
S-3504	22.70	24.20	Healthy	Healthy
D-13864	44.20	44.20	Morbidly obese	Morbidly obese
D-13218-4	23.50	23.50	Healthy	Healthy
D-12880-2	23.20	24.50	Healthy	Healthy
S-3505	31.00	33.00	Overweight	Overweight
D-13873 *	29.50	31.40	Overweight	Obese
S-3506	29.10	27.40	Overweight	Overweight
D-13874	20.50	21.20	Healthy	Healthy
D-13610	21.20	23.50	Healthy	Healthy
S-3370	25.20	25.90	Overweight	Overweight
D-13788	28.20	28.20	Overweight	Overweight
S-3419	35.30	36.20	Severely obese	Severely obese
D-13648-2 *	34.50	39.90	Obese	Severely obese
S-3513	22.40	22.90	Healthy	Healthy
D-13541-2	21.50	23.30	Healthy	Healthy
S-3514	20.30	20.30	Healthy	Healthy
S-3515 *	25.60	24.50	Overweight	Healthy
S-3471	19.40	21.90	Healthy	Healthy
D-13498-3	25.90	27.00	Overweight	Overweight
S-3248	25.70	26.60	Overweight	Overweight
D-13891	21.90	23.00	Healthy	Healthy
D-13894	28.20	28.20	Overweight	Overweight
D-13672	22.1	22.1	Healthy	Healthy
S-3411	28.30	28.00	Overweight	Overweight
D-13897	45.00	47.40	Morbidly obese	Morbidly obese
D-13708	33.30	33.30	Overweight	Overweight
S-3408--2	22.00	22.00	Healthy	Healthy
D-13193	30.10	31.90	Overweight	Overweight
D-13533	20.30	20.30	Healthy	Healthy
D-13515	25.80	24.50	Overweight	Healthy
D-13904	29.70	28.30	Overweight	Overweight
D-13244-3	23.00	22.00	Healthy	Healthy
D-13906	21.00	24.40	Healthy	Healthy
S-3519	24.40	24.40	Healthy	Healthy

D-13910	21.50	21.50	Healthy	Healthy
S-3520	20.70	20.70	Healthy	Healthy
D-16947-3	23.50	24.40	Healthy	Healthy
S-3461-2 *	18.20	26.20	Underweight	Overweight
D-13735-4	31.50	32.40	Overweight	Overweight
D-13920	25.50	27.20	Overweight	Overweight
D-13925	26.20	26.20	Overweight	Overweight
D-13606-2	23.30	24.70	Healthy	Healthy
S-3523	36.10	36.10	Severely obese	Severely obese
D-13443	21.60	21.10	Healthy	Healthy
S-3524	24.50	25.80	Healthy	Healthy
D-13927 *	23.80	25.50	Healthy	Overweight
D-13747-4 *	24.50	25.20	Healthy	Overweight
D-13932	25.50	25.50	Overweight	Overweight
D-13933	20.60	21.10	Healthy	Healthy
D-13756	16.60	17.00	Underweight	Underweight
S-3515	23.80	26.30	Healthy	Overweight
S-3528	19.60	19.90	Healthy	Healthy
D-13937	23.60	24.60	Healthy	Healthy
D-13940	24.40	24.80	Healthy	Healthy
S-3459-2	35.90	35.90	Severely obese	Severely obese
S-3532	18.60	18.60	Healthy	Healthy
S-3534	31.60	31.60	Obese	Obese
D-13778-3	21.10	21.10	Healthy	Healthy
D-13723-2	26.20	26.20	Overweight	Overweight
D-13950	32.00	32.00	Obese	Obese
D-13936	23.00	23.00	Healthy	Healthy
D-13933	20.30	21.00	Healthy	Healthy
D-13957	35.70	35.80	Severely obese	Severely obese
D-13901-3	28.50	28.50	Overweight	Overweight
S-3383-4	17.30	17.30	Underweight	Underweight
D-13966	17.20	17.40	Underweight	Underweight
D-13965	18.70	19.20	Healthy	Healthy
D-13663-2	20.30	22.00	Healthy	Healthy
D-13968	21.20	21.20	Healthy	Healthy
D-13974	20.00	20.30	Healthy	Healthy
S-3540	19.90	20.20	Healthy	Healthy
D-13861	18.70	18.70	Healthy	Healthy
D-13975 *	26.30	12.90	Overweight	Underweight
D-13977	19.70	19.70	Healthy	Healthy
S-3411-2	27.10	26.90	Overweight	Overweight
D-13982	36.50	36.50	Severely obese	Severely obese
D-13983	29.20	29.20	Overweight	Overweight
D-13989	24.40	24.40	Healthy	Healthy
D-13719-2	25.10	25.10	Overweight	Overweight
D-13998	12.2	12.2	Underweight	Underweight
D-14000	26.90	26.90	Overweight	Overweight
D-13944-2	21.50	21.50	Healthy	Healthy

Of these 94 residents, almost all had at least a minimal fluctuation in the BMI numbers. 91 % of the residents had no change in the BMI category. The percentages of residents who had a change in BMI category are as follows: 2 % had a change in BMI category toward a *healthier weight*, 5 % had a change in BMI category toward the *overweight* category, and 1 % had a change toward the *underweight* category. 8 residents or 9 % of the sample size, had a change in BMI significant enough to change the category their BMI fell into. The graph below illustrates the percentage of residents with a change in BMI category.



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