



Dear school nurse, health teacher, or administrator,

Please do not weigh me in school. I am 18 years old, and as an adult, can make this decision for myself. My decision to opt-out of school weigh-ins is consistent with the [CDC's 10 safeguards for School BMI Screenings](#). Safeguard 1 allows adult students and parents to opt out of School BMI Screenings.

School BMI Screenings have been shown to be ineffective to improve student population health or individual student health. A March 2021 study of 28,641 students in California Public Schools shows that School BMI Screenings did not affect student population body size over time. They did not affect individual student health in any positive way.

School BMI Screenings do, however, decrease students' satisfaction with their weight causing mental health problems for students. Screenings promote food restriction which is the biggest factor in the development of an eating disorder. The Student BMI Screenings' emphasis on students' body weight rather than self-care behaviors is associated with body dissatisfaction, eating disorders, and weight stigma.

Given this, I have chosen to opt out of the BMI screening. Thank you for your attention to this important issue.

Sincerely,