

Growth Chart Reference Sheet

Main Growth Messages

- ◆ Measurements and growth charts are health SCREENING tools
- ◆ Growth is ONE of the signs of general health
- ◆ Growth patterns are assessed for the INDIVIDUAL
- ◆ Growth pattern OVER TIME is more important than one single measurement
- ◆ Growth may be a result of GENETICS

Expected Growth Pattern

Growth usually:

- ◆ Follows the same growth curve over time
- ◆ Falls between the 2nd and the 98th percentile (WHO)
- ◆ Falls between the 5th and the 95th percentile (CDC)
- ◆ Is proportional (weight and length/height)

Factors to Consider in Evaluating Growth

- ◆ Nutritional intake
- ◆ Presence of chronic illness
- ◆ Special health care needs (e.g. Downs syndrome, cerebral palsy, cystic fibrosis)
- ◆ Gestational age
- ◆ Birth weight
- ◆ Feeding method for infants
- ◆ Parental height/weight

Explaining Growth Charts

Some examples of explaining growth charts are below. For more information, see your supervisor or trainer.

“In general, [kids/pregnant women] plot somewhere between these lines. [You are/your child is] plotting here today.”

“We only have one measurement to look at today, what is more important is how growth looks over time.”

“The chart is only one piece of the puzzle when it comes to nutrition. I would like to hear more about your feelings about [your/his/her] appetite.”

Growth Chart Assessment and Discussion: Examples of Discussion Points

0-2 years

- ◆ Breastfeeding: Hunger/satiety cues, pattern, and technique
- ◆ Formula feeding: Hunger/satiety cues, pattern, technique, preparation, etc.
- ◆ Age-appropriate foods, and introduction to solids

2-5 years

- ◆ Division of responsibility
- ◆ Intake of foods high in fat, sugar or salt
- ◆ MyPlate for children
- ◆ Disordered eating pattern
- ◆ Feeding relationship
- ◆ Family physical activity routines
- ◆ Food and activity routines in child care or preschool
- ◆ Screen time
- ◆ Amount of juices and/or sweetened beverages
- ◆ Food security concerns: availability and access to healthy foods

- ◆ Child's overall health
- ◆ Presence or recent history of acute illness
- ◆ Presence of chronic illness or special health care needs
- ◆ Stress or change in infant/child's life
- ◆ Family meal patterns
- ◆ Sleep pattern
- ◆ Family growth patterns

Growth Chart Reference Sheet

Growth Charts for Clients Age 0-24 Months	
<i>Chart Name</i>	<i>Description</i>
WHO Weight-for-age	<ul style="list-style-type: none"> ◆ Compares the weight of the infant to other children in the same age group ◆ Both low and high weight-for-age could indicate issues with nutrition and/or health
WHO Length-for-age	<ul style="list-style-type: none"> ◆ Compares the length of the infant to other infants in the same age group ◆ Low length-for-age could indicate long-term issues with nutrition and/or health
WHO Weight-for-length	<ul style="list-style-type: none"> ◆ Shows the infant's weight relative to his or her height (proportion) ◆ Compares this value to other infants in the same age group ◆ Both low and high weight-for-length could indicate issues with nutrition and/or health
Pre-term Charts	<ul style="list-style-type: none"> ◆ For use when infant is born at < 37 weeks gestation ◆ The same growth charts are used ◆ Two different sets of plot points <ul style="list-style-type: none"> ■ Growth based on actual age ■ Growth based on corrected age

Growth Charts for Clients Age 2-5 Years	
<i>Chart Name</i>	<i>Description</i>
CDC Weight-for-age	<ul style="list-style-type: none"> ◆ Compares the weight of the child to other children in the same age group ◆ Is influenced by recent changes in health or nutritional status ◆ It is not used to classify children and teens as under or overweight ◆ Both low and high weight-for-age could indicate issues with nutrition and/or health
CDC Stature-for-age	<ul style="list-style-type: none"> ◆ Compares the height of the child to other children in the same age group ◆ Low stature-for-age could indicate long-term issues with nutrition and/or health
CDC BMI-for-age	<ul style="list-style-type: none"> ◆ Estimates body fat based on weight relative to height (proportion) ◆ Compares the BMI of the child to other children in the same age group ◆ BMI-for-age is used to classify children underweight, normal weight, overweight, or obese ◆ Values outside of normal weight could indicate issues with nutrition and/or health

Growth Chart Reference Sheet

Growth Charts for Clients Age 24-36 Months (Recumbent)	
<i>Chart Name</i>	<i>Description</i>
CDC Length-for-age	<ul style="list-style-type: none">◆ For use when a child, age 24-36 months, is measured recumbently◆ Compares the length of the infant to other infants in the same age group◆ Low length-for-age could indicate long-term issues with nutrition and/or health
CDC Weight-for-length	<ul style="list-style-type: none">◆ For use when a child, age 24-36 months, is measured recumbently◆ Compares this value to other children in the same age group◆ Both low and high weight-for-length could indicate issues with nutrition and/or health