WHO Child Growth Standards

A growth chart for the 21st century
Mean length from birth to 24 months for the six MGRS sites

WHO Child Growth Standards

- **Attained growth**
  - Weight-for-age
  - Length/height-for-age
  - Weight-for-length/height
  - Body mass index-for-age
  - Mid-upper arm circumference-for-age
  - Triceps skinfold-for-age
  - Subscapular skinfold-for-age
  - Head circumference-for-age

- **Growth velocity**
  - Weight
  - Length/height
  - Head circumference
  - Arm circumference
  - Body mass index
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Innovative aspects

- Prescriptive approach recognizing need for standards
- Breastfed infant as normative model
- International sample
- Reference data for assessing childhood obesity
- Velocity reference data
- Link between physical growth and motor development
Length/height-for-age BOYS
Birth to 5 years (z-scores)

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BMI-for-age BOYS

Birth to 5 years (z-scores)

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Breastfeeding

- provides perfect nutrition
- provides initial immunization
- prevents diarrhoea
- maximizes a child’s physical and intellectual potential
- supports food security
- bonds mother and child
- helps birth spacing
- benefits maternal health
- saves money
- is environment-friendly
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The new standards will play a key role in the prevention and early recognition of childhood obesity.
Implementation phase

- About 100 countries use NCHS reference
- Regional consultations to inform Member States
- Training of trainers workshops
- Application tools:
  - Training materials
  - PC and PPC software for clinical and population uses
  - Child Growth Record
  - Growth chart catalogue
  - Field tables
  - Website: www.who.int/childgrowth
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Child survival

Physical growth

Child development

www.who.int/nutrition