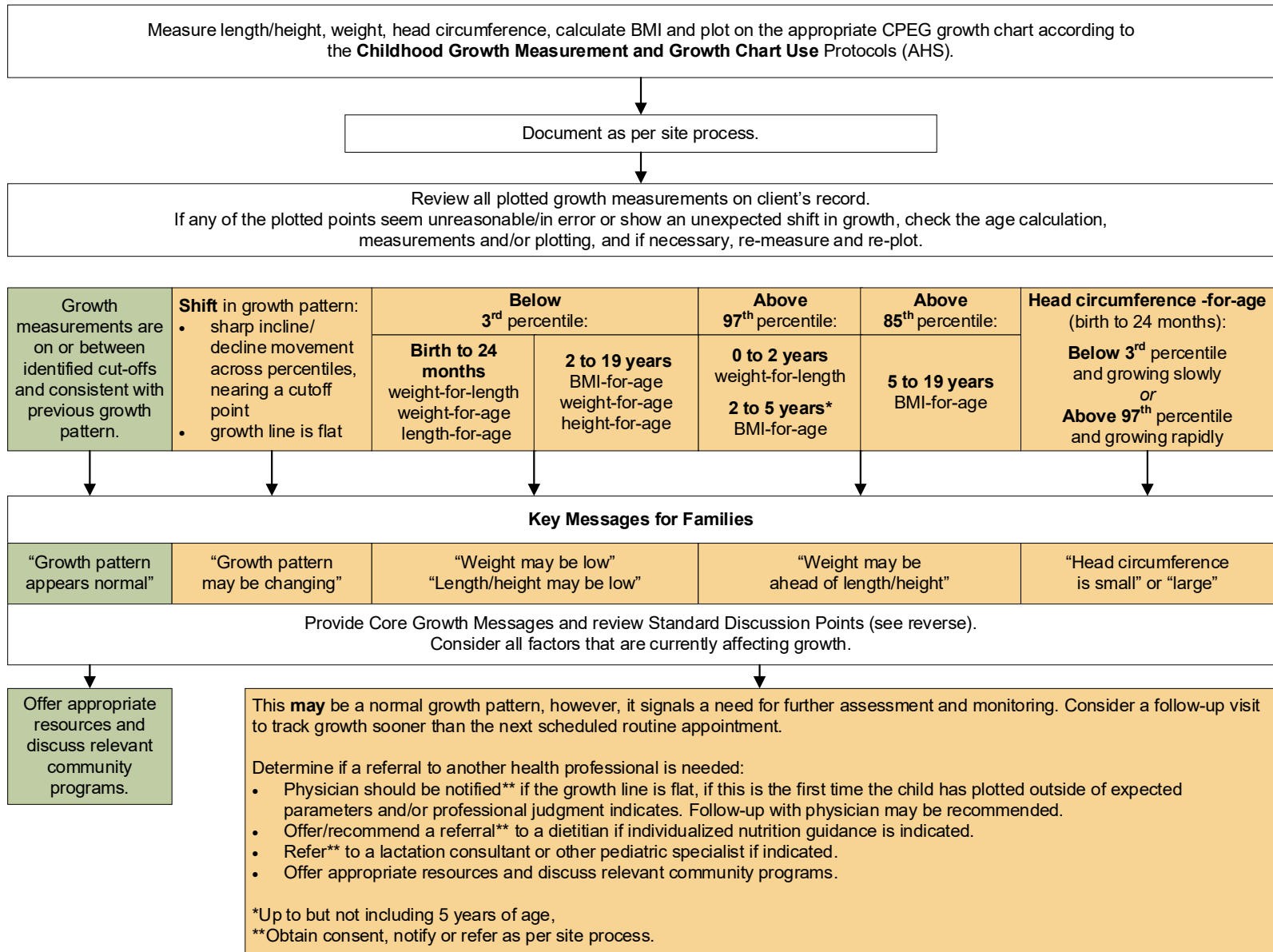


Growth Monitoring Summary Sheet

Canadian Pediatric Endocrine Group (CPEG) Growth Chart



Growth Monitoring Summary Sheet

Canadian Pediatric Endocrine Group (CPEG) Growth Chart

Core Growth Messages	Standard Discussion Points	
<ul style="list-style-type: none"> • Growth assessment is a health screening tool • Growth is one sign of general health • Growth patterns are assessed for the individual • Growth may reflect family growth patterns • Growth pattern over time is more important than one single measurement 	<ul style="list-style-type: none"> • Breastfeeding and/or formula feeding • Age-appropriate milk and plant-based beverages • Age-appropriate solid food intake • Variety of foods from Canada's Food Guide • Feeding relationship and family meals • Availability/access to healthy food • Guidance on juices and/or sweetened beverages 	<ul style="list-style-type: none"> • Child's overall health • Presence or recent history of acute or chronic illness • Stress or change in child's life • Family growth patterns • Physical activity, active play, or tummy time • Screen time/ sedentary behaviours • Sleep patterns
<p>For guidance on conducting growth discussions with families, refer to the Pediatric Growth Discussions: A Tool for Health Professionals.</p>		

Recommended Cut-Off Criteria Using the CPEG Growth Charts

Cut-off points are intended to provide guidance for further health professional assessment, referral, or intervention. *Up to but not including 5 years of age.

Growth Indicator	Birth to 24 months	2 to 5* years	5 to 19 years	Growth Concern
Weight-for-age	<3rd	<3rd	<3rd	Possibly underweight
Height/length-for-age	<3rd	<3rd	<3rd	Possibly stunted
Weight-for-length	<3rd			Possibly wasted
Weight-for-length	>97th			Possibly overweight/obese
BMI-for-age		<3rd	<3rd	Possibly wasted
BMI-for-age		>97th	>85th	Possibly overweight
BMI-for-age			>97th	Possibly obese/severely obese
HC-for-age	<3 rd or >97th			Head circumference is small or large
Weight-for-age	<3rd	<3rd	<3rd	Possibly underweight

Resources

Alberta Health Services:

- Healthy Parents, Healthy Children [HealthyParentsHealthyChildren.ca](https://www.alberta.ca/healthy-parents-healthy-children)

Nutrition Education:

- [When Your Child's Weight is Ahead of Height](#)
- [When Your Child's Weight Measures Low](#)

Health Canada:

- [Canada's Food Guide](#) (for ages 2 and over)