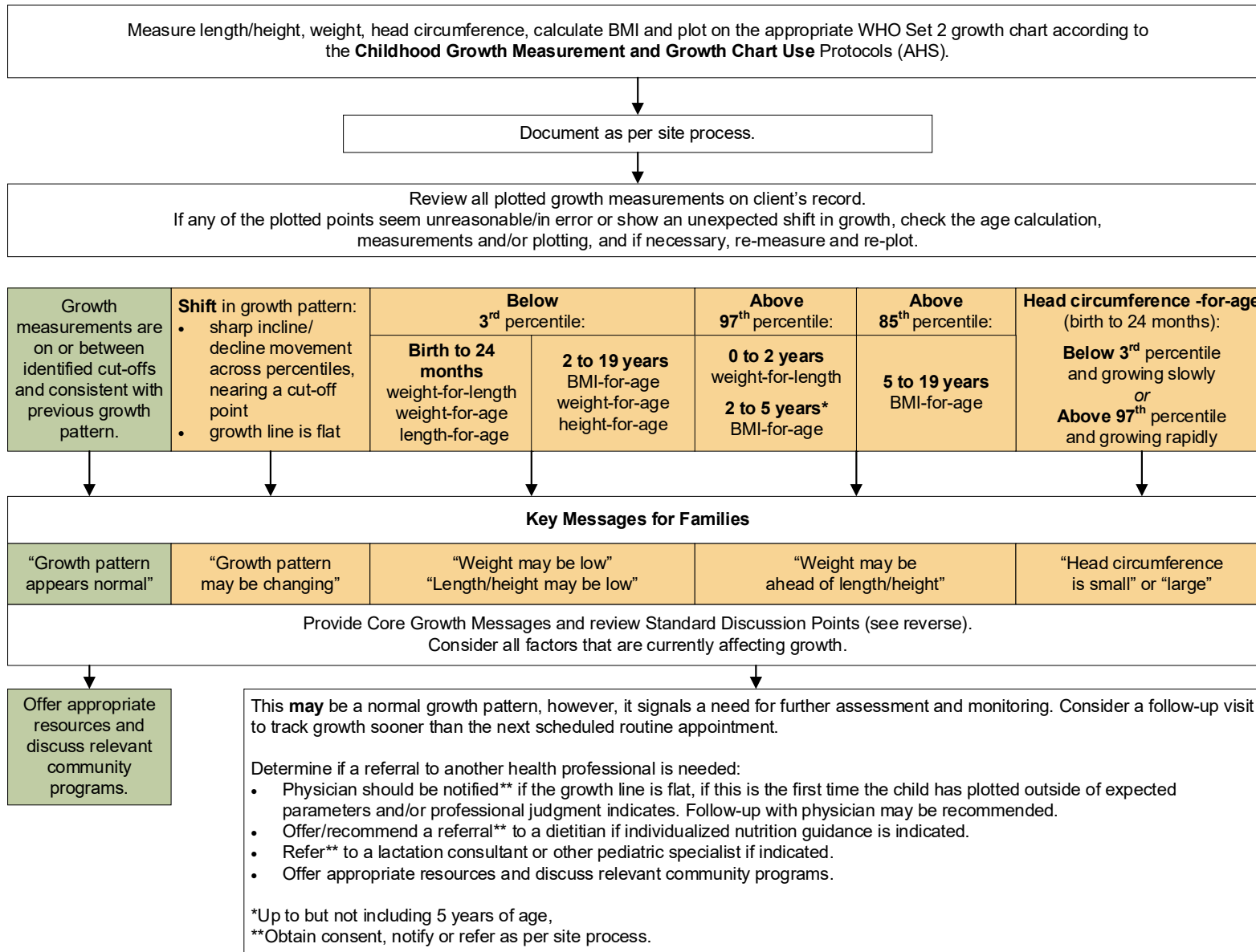


Growth Monitoring Summary Sheet

WHO Set 2 Growth Charts for Canada



Growth Monitoring Summary Sheet

WHO Set 2 Growth Charts for Canada

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 WHO 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
Weight-for-length	>99.9th			Possibly obese
BMI-for-age		<3rd	<3rd	Possibly wasted
BMI-for-age		>97th	>85th	Possibly overweight
BMI-for-age		>99.9th	>97th	Possibly obese/ severely obese
BMI-for-age			>99.9th	Possibly severely obese
HC-for-age	<3 rd or >97th			Head circumference is small or large

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)