

Babylon University – College Of Medicine
Department of Community Medicine

*Lectures in Community Medicine
For 4th Stage Students
By Dr. Hassan Baiee
2010 – 2011*

Lecture 17

Growth Monitoring

GROWTH MONITORING

A child weight is a good indicator of his nutritional status especially if he is below 5 years of age. The growth or (road to health) chart first designed by David Morley and later modified by WHO is a visible display of the child physical growth & development.

Its designed for growth monitoring of a child so that changes over time can be interpreted.

In this chart the height is not taken into consideration, because weight is the most sensitive measure of growth & any deviation from normal can be detected easily by comparison with reference curve.

This chart is simple & inexpensive way of monitoring weight gain.

WHO growth chart: has two reference curves:

The upper curve represents the median (50th percentile) for boys (slightly higher than that for girls) and the lower curve (3rd percentile) for girls (slightly lower than that for boys) thus the chart can be used for both sexes.

The space between the two curves (weight channel) this will include the zone of normality of most population.

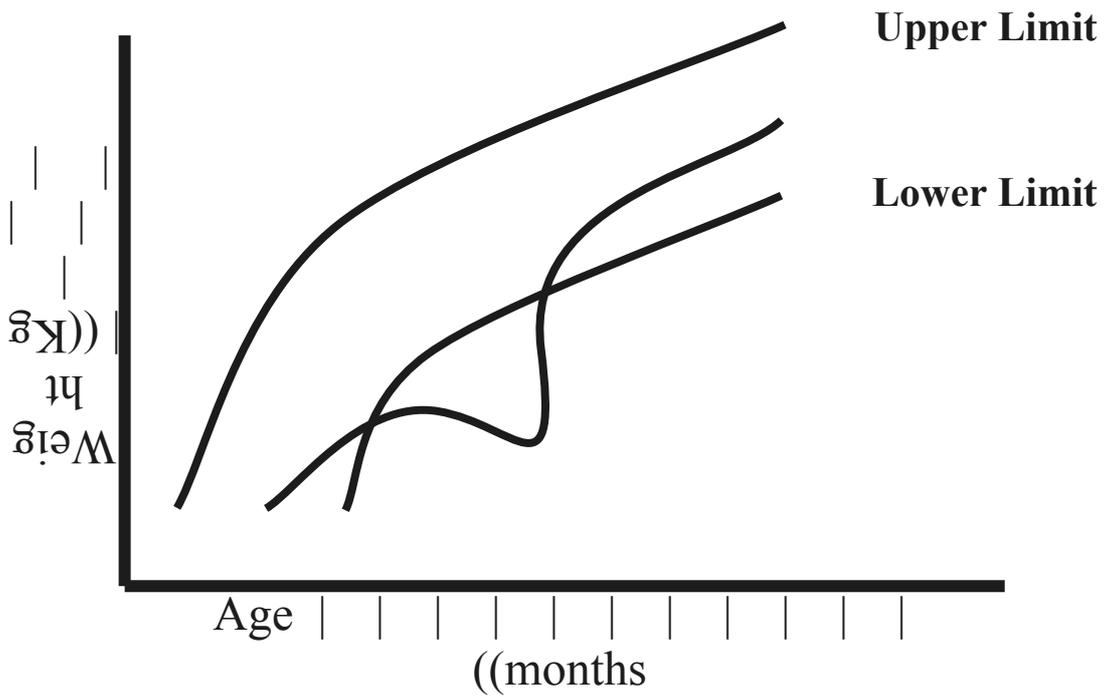
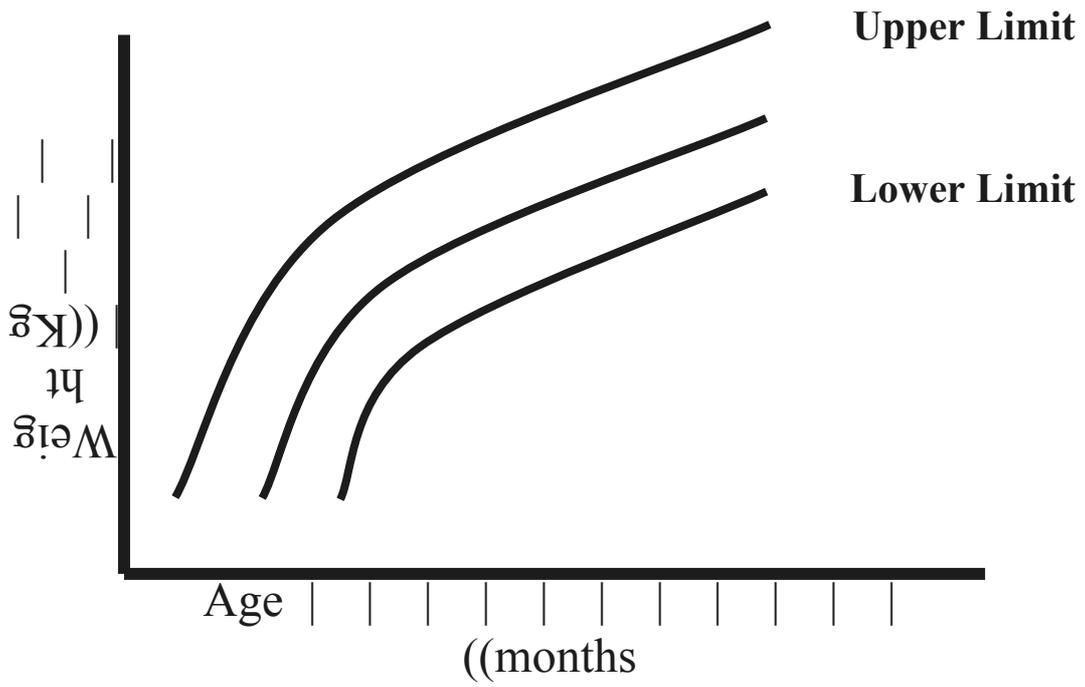


Figure representing Acute Malnutrition

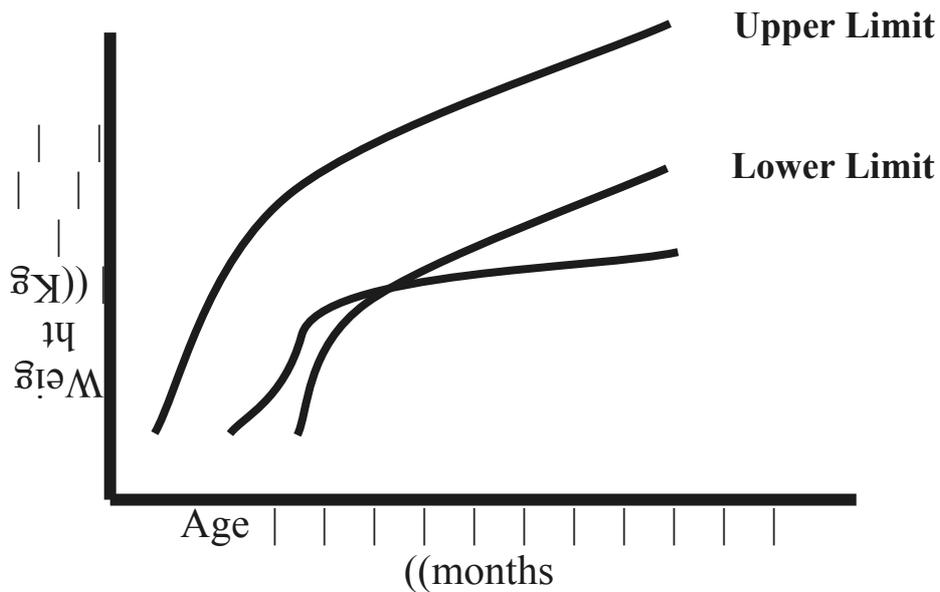


Figure representing Chronic Malnutrition

Children at risk of malnutrition

1. LBW
2. Big family size
3. Short spacing
4. Early stopping of breast feeding
5. Introduction of complementary food
6. Episodes of infection
7. Illiterate mothers
8. Poverty
9. Children with only one parent (orphans)

Appropriate factors should be tested on a child's growth chart under reason for special care the chart can be marked with red star.

1. Researches