

GROWTH CHART

Used for monitoring Growth & Development of child

- Designed by David Morley & later modified by WHO
- Road to health chart
- Weight for Age chart
- Height of the child is not taken because with under-nutrition child can lose weight but not height
- 49 types of growth charts used in

India

- Used under NRHM & ICDS
- Present in- Mother & Child Protection card (MCP Card)

Types

- In MCP card 2 separate growth charts are present for boys (blue) & girls (pink)
- Provides information on
 - Date of birth (age)
 - Birth weight & Weight for

age

- Developmental milestones
- Immunization status & Immunization procedures
- Introduction of supplementary food
- ANC & History of sibling health
- Child spacing (contraceptive method used)

1. ICDS growth chart (separate for both sexes)

Based on WHO's MGRS child growth standards

- Used for growth monitoring at

Anganwadi centre

- 3 reference curves

i. Reference standard

ii. 2 SD below reference standard

iii. 3 SD below reference standard

- Growth chart shows • normal zone (green)

- Under nutrition (yellow) - between -2SD to -3SD

- Severely under nutrition (red) - below -3SD

- Objective - to keep the child in normal

zone

- Flattening of curve - signals growth failure viz. the earliest sign of Protein Energy Malnutrition (PEM)
- 2. WHO growth chart (same for both sexes)
 - Upper reference curve (URC) - 50th percentile - for boys.
 - Lower reference curve (LRC)
- 3 percentile - for girls (2SD below median weight for age)
 - Road to health or Zone of normality - space between 2 curves
- Based on National Centre for Health Statistics (NCHS) Standards

USA

USES

- Diagnostic tool for identifying high risk children
- Educational tool to teach mothers on benefits of adequate feeding
- Growth monitoring
- Planning & policy making
- Tool for action to help health worker for type of intervention needed
- Evaluation of effectiveness & impact of