

NWT Clinical Practice Information Notice

**UPON RECEIPT: (1) PLEASE FOLLOW THE DIRECTIONS BELOW
(2) FILE THIS NOTICE IN SECTION C, CLINICAL PRACTICE INFORMATION BINDER FOR FUTURE REFERENCE**

The following clinical practice has been approved for use in the Northwest Territories Health and Social Services system, and has been distributed to:

- | | | | | | |
|---|--|---|--|--|--|
| <input checked="" type="checkbox"/> Hospitals | <input checked="" type="checkbox"/> Community Health Centers | <input checked="" type="checkbox"/> Public Health Units | <input checked="" type="checkbox"/> Doctors' Offices | <input type="checkbox"/> Social Services Offices | <input checked="" type="checkbox"/> Other: CDC Manuals |
|---|--|---|--|--|--|

The information contained in this document is a Departmental:

- | | | | | |
|---------------------------------|--|-----------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Policy | <input checked="" type="checkbox"/> Standard | <input type="checkbox"/> Protocol | <input type="checkbox"/> Procedure | <input type="checkbox"/> Guidelines |
|---------------------------------|--|-----------------------------------|------------------------------------|-------------------------------------|

Title: NWT Child Growth Chart Standard

Effective Date: October 1, 2014

Statement of approved clinical practice:

All Health and Social Services Authorities and Agencies providing child growth monitoring in the NWT shall adopt the use of the 2014 World Health Organization (WHO) Growth Charts for Canada.

Growth monitoring enables early identification of potential nutrition and/ or health problems and allows proactive actions to be taken before a child's health is compromised. Growth monitoring includes serial measurements of weight, length/ height for all children and head circumference for infants and toddlers. The subsequent interpretation of these results is achieved by plotting them on a selected growth chart. Growth monitoring is the single most useful tool for defining health and nutritional status in children at both an individual and population level.

In the NWT, child growth monitoring is an important component of Community and Public Health Nursing core programming and is a basic element of the care delivered to children by other primary care and specialist practitioners. The adoption of the WHO Growth Charts for Canada forms will ensure consistency of practice throughout the NWT HSS system and is congruent with current Canadian best practice on the topic.

Please note: Set 2 WHO Growth Charts for Canada use the 3rd, 10th, 25th, 50th, 75th, 90th, 97th (substituting 85th for 90th centile and including the 99.9th centile for Birth to 24 months, Weight-for-length; and 2-19 years, BMI-for-age). In addition to the growth charts a WHO Growth Chart Assessment and Counseling tool has been included.

THIS CPI REPLACES AND SUPERCEDES THE NWT Child Growth Chart Standard Dated October 24, 2011, page 106.

WHO growth charts adapted for Canada are available on-line at
<http://www.dietitians.ca/Secondary-Pages/Public/Who-Growth-Charts.aspx>

<http://www.dietitians.ca/Downloadable-Content/Public/Growth-Charts-Key-Messages-ENGLISH.aspx>

This clinical practice is approved. _____ Original Signed January 15, 2015
 (signature)

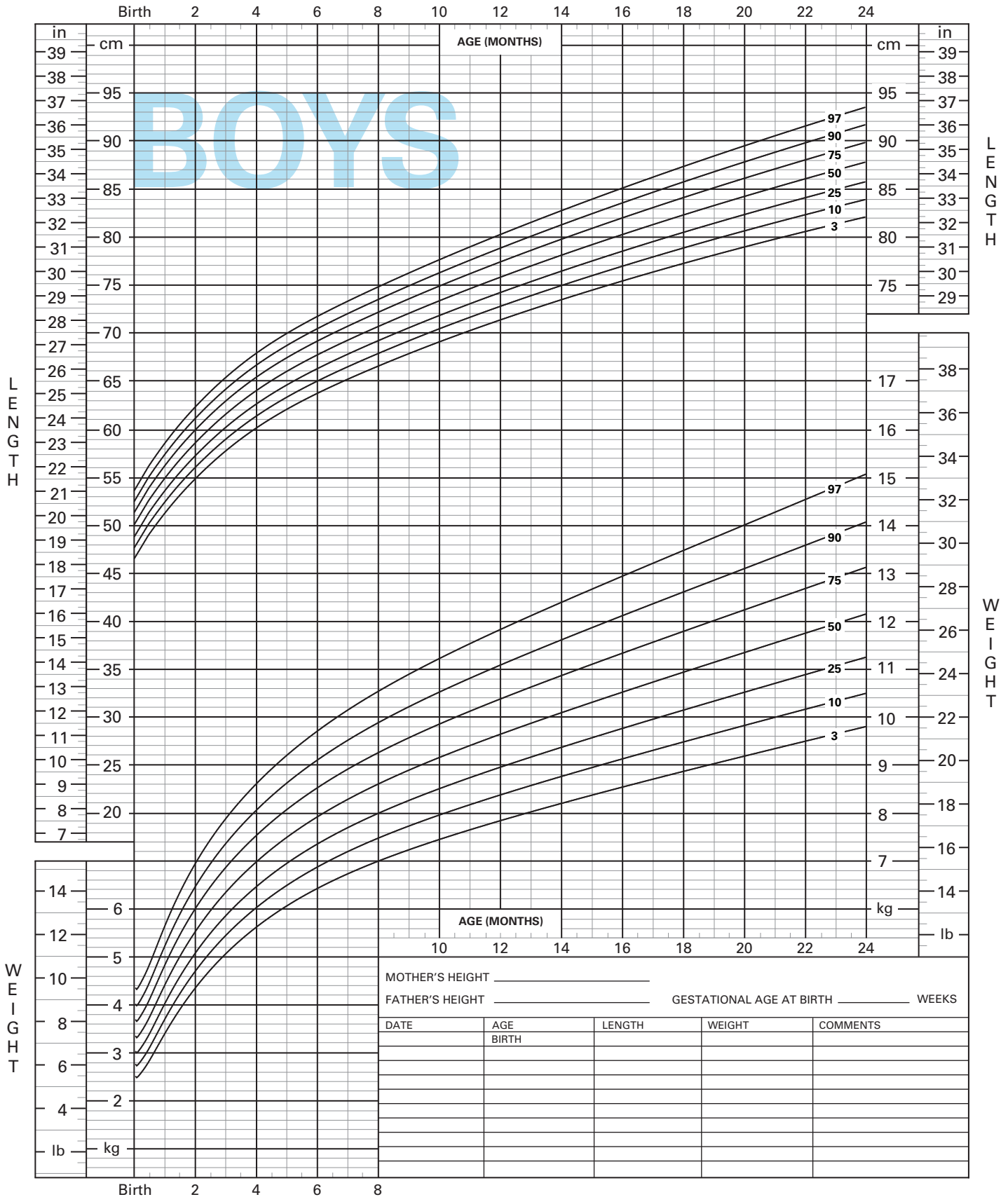
- | | | | | | | | |
|-----------------|-------------------------------------|---------------------------------|--------------------------|-----------------------------------|--------------------------|---------------------|--------------------------|
| Deputy Minister | <input checked="" type="checkbox"/> | Chief Medical Officer of Health | <input type="checkbox"/> | Director, Child & Family Services | <input type="checkbox"/> | Director, Adoptions | <input type="checkbox"/> |
|-----------------|-------------------------------------|---------------------------------|--------------------------|-----------------------------------|--------------------------|---------------------|--------------------------|

BIRTH TO 24 MONTHS: BOYS

Length-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



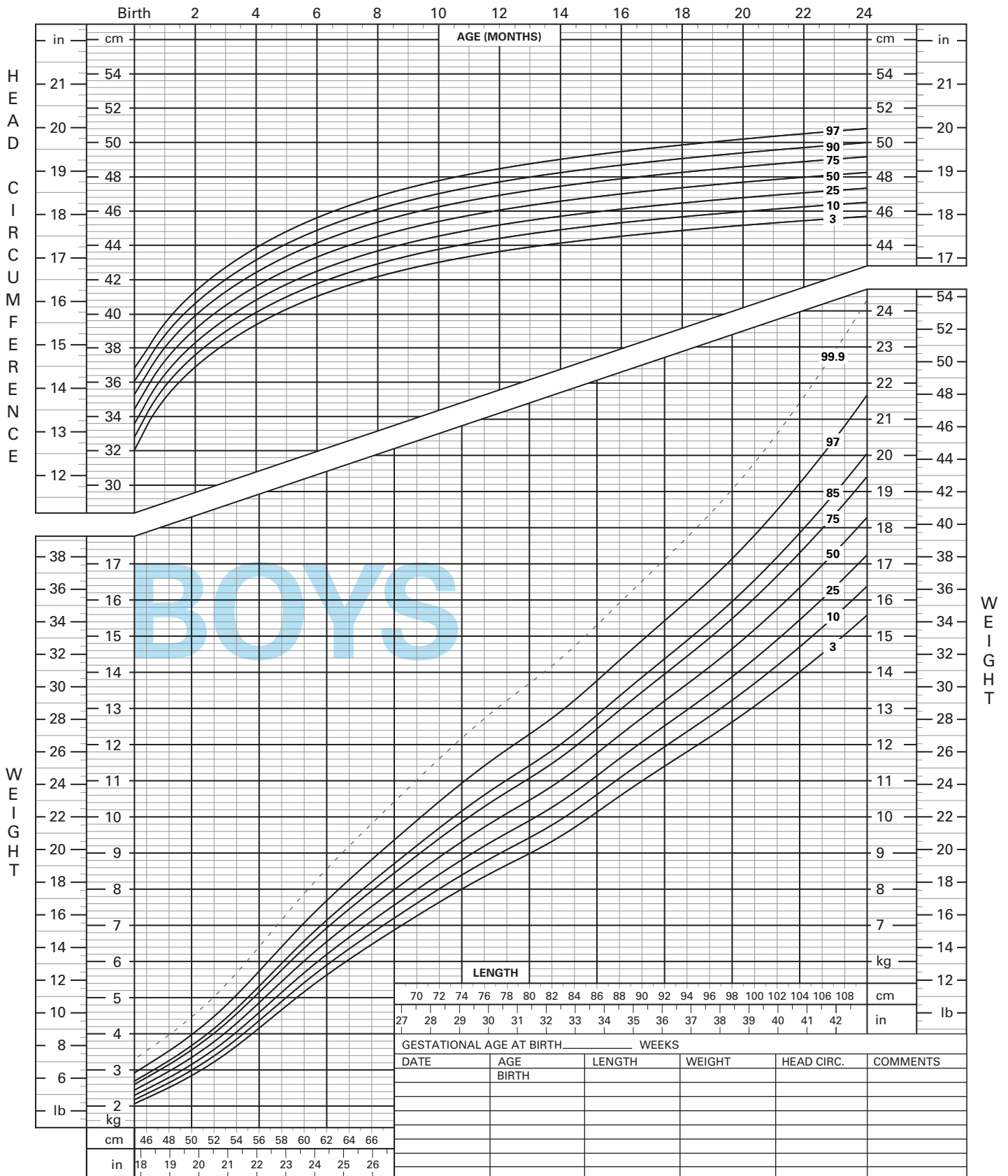
SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.

BIRTH TO 24 MONTHS: BOYS

Head Circumference and Weight-for-length percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.

WHO GROWTH CHARTS FOR CANADA



2 TO 19 YEARS: BOYS

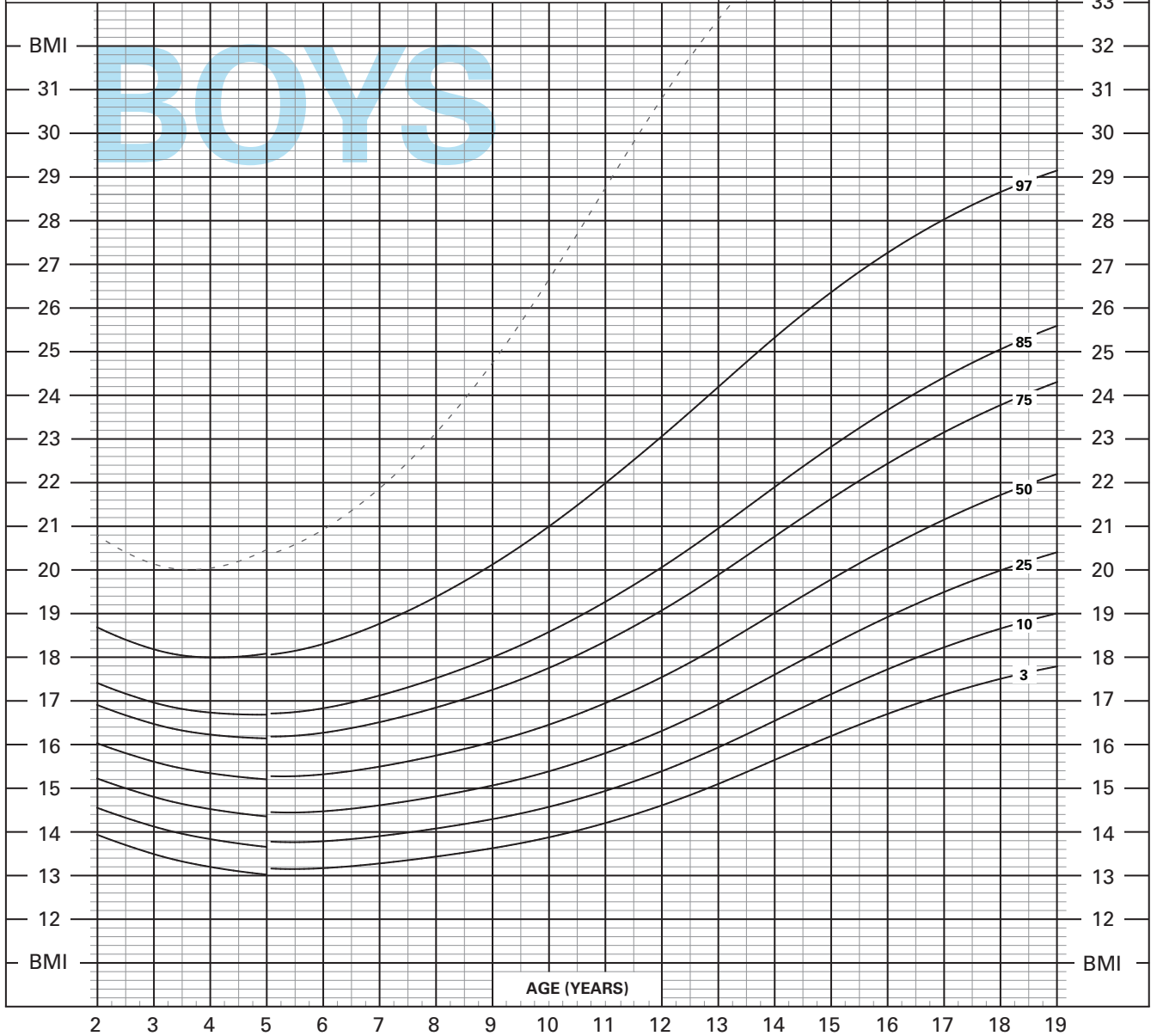
Body mass index-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____

DATE	AGE	WEIGHT	HEIGHT	BMI*	COMMENTS

BMI tables/calculator available at www.whogrowthcharts.ca
***To Calculate BMI:** Weight (kg) ÷ Height (cm) ÷ Height (cm) x 10,000 OR
 Weight (lb) ÷ Height (in) ÷ Height (in) x 703



SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.
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WHO GROWTH CHARTS FOR CANADA

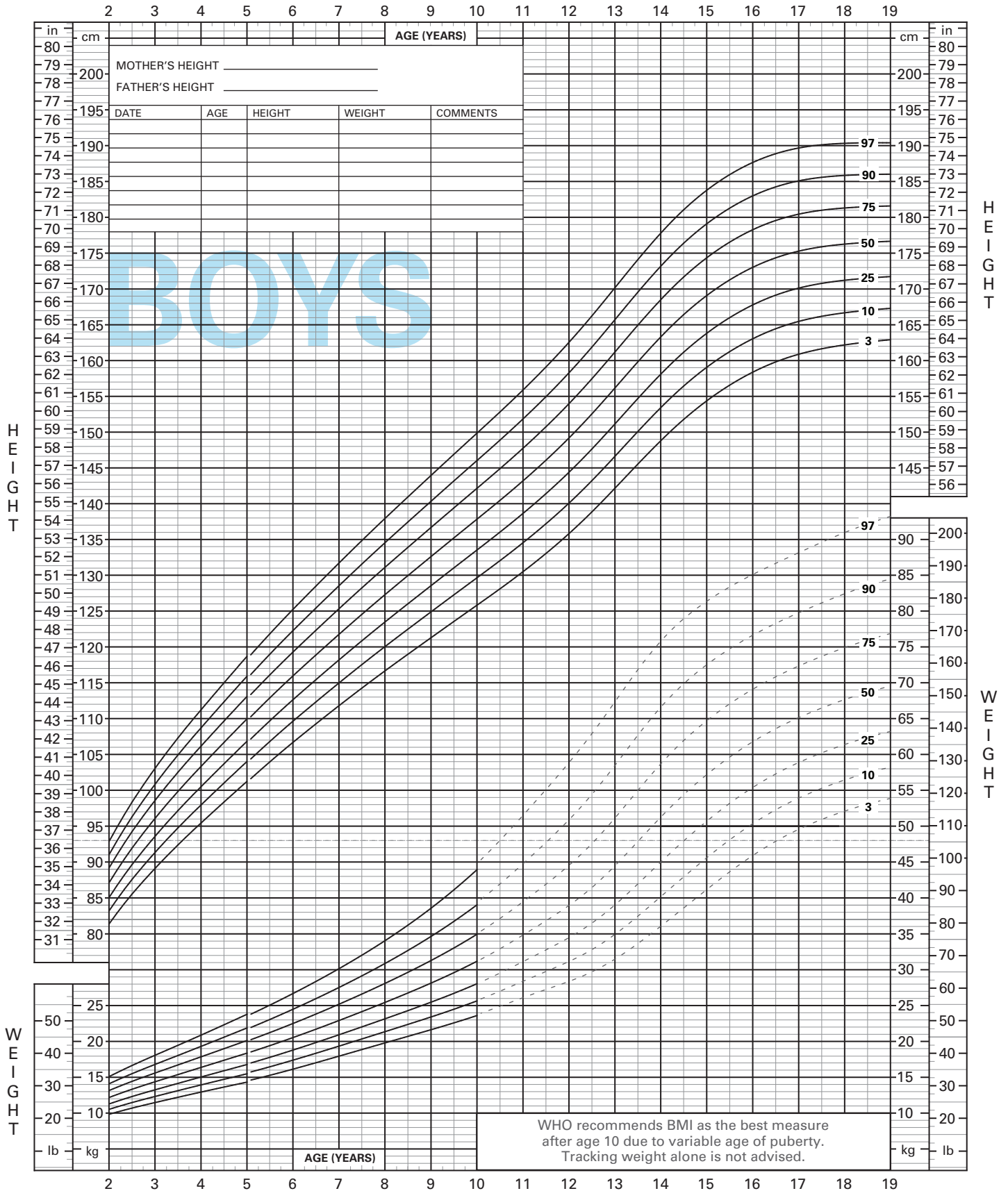


2 TO 19 YEARS: BOYS

Height-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: The main chart is based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group (CPEG), College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada. The weight-for-age 10 to 19 years section was developed by CPEG based on data from the US National Center for Health Statistics using the same procedures as the WHO growth charts.

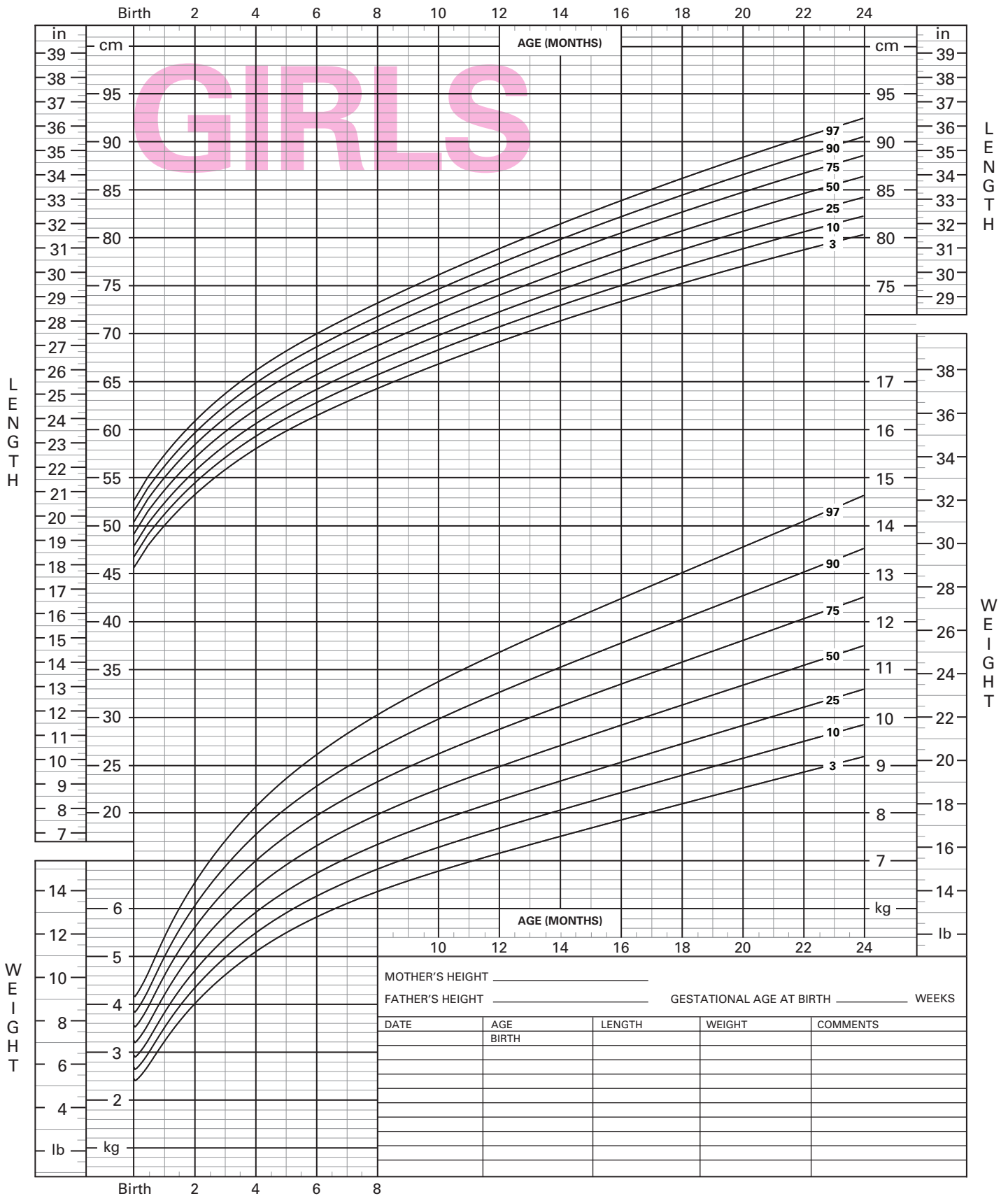
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BIRTH TO 24 MONTHS: GIRLS

Length-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.

WHO GROWTH CHARTS FOR CANADA

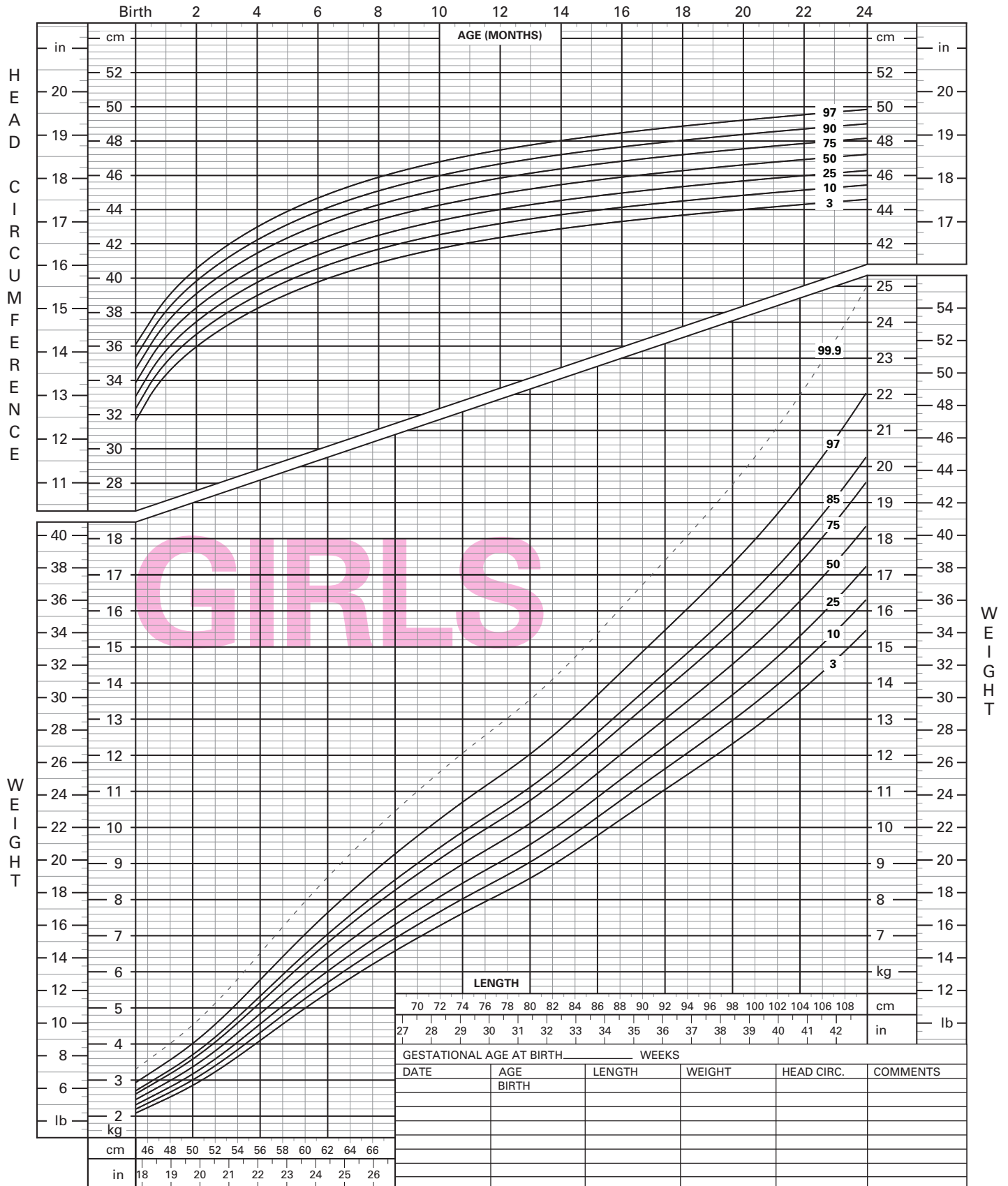


BIRTH TO 24 MONTHS: GIRLS

Head Circumference and Weight-for-length percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: Based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) and adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.

WHO GROWTH CHARTS FOR CANADA



2 TO 19 YEARS: GIRLS

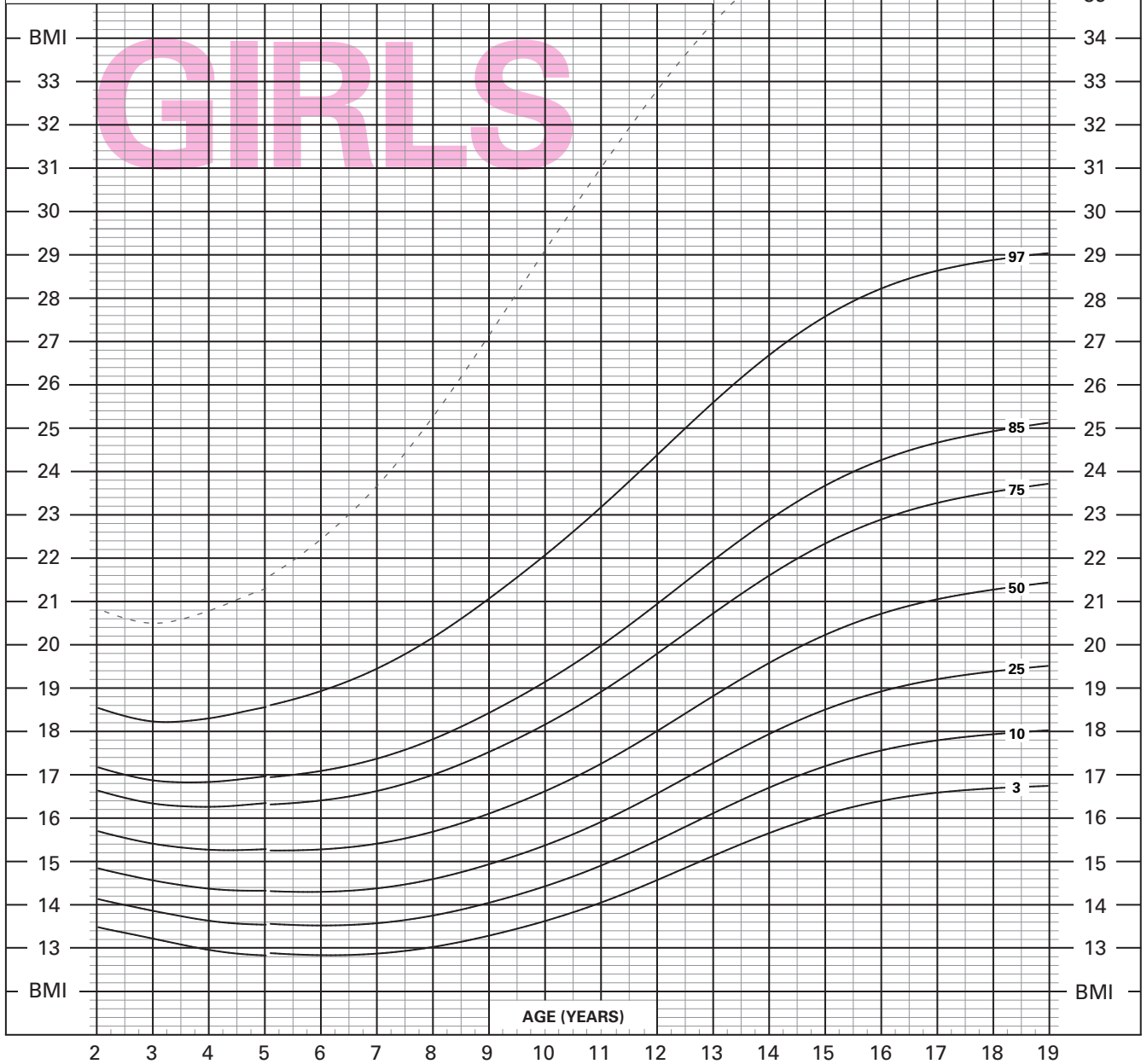
Body mass index-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____

DATE	AGE	WEIGHT	HEIGHT	BMI*	COMMENTS

BMI tables/calculator available at www.whogrowthcharts.ca
 *To Calculate BMI: Weight (kg) ÷ Height (cm) ÷ Height (cm) x 10,000 OR
 Weight (lb) ÷ Height (in) ÷ Height (in) x 703



WHO GROWTH CHARTS FOR CANADA

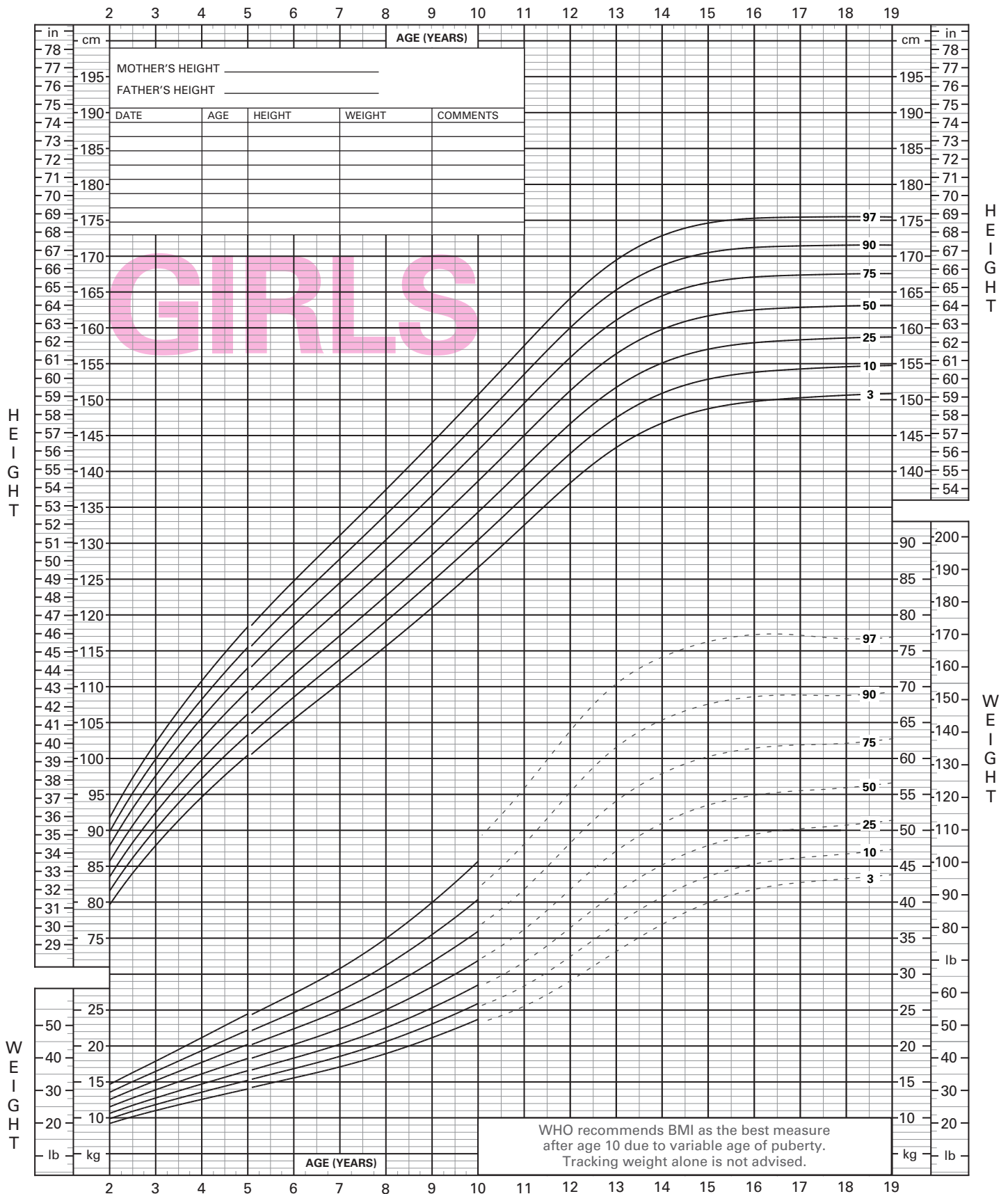


2 TO 19 YEARS: GIRLS

Height-for-age and Weight-for-age percentiles

NAME: _____

DOB: _____ RECORD # _____



SOURCE: The main chart is based on World Health Organization (WHO) Child Growth Standards (2006) and WHO Reference (2007) adapted for Canada by Canadian Paediatric Society, Canadian Pediatric Endocrine Group (CPEG), College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada. The weight-for-age 10 to 19 years section was developed by CPEG based on data from the US National Center for Health Statistics using the same procedures as the WHO growth charts.



WHO Growth Chart Assessment and Counselling – Key Messages and Actions



Measure length/height, weight and head circumference as per local/provincial protocols.

Plot on WHO growth chart as per local/provincial protocols.

Review ALL plotted growth measurements on client's record. If growth is outside of expected parameters or an unexpected shift in growth has occurred, check age calculation, measurements and plotting, and if necessary, re-measure and re-plot.

Growth measurements At or above the 3 rd to at or below the 85 th percentile (97 th for head circumference) and consistent with previous percentiles	Head circumference-for-age (0-2 years) Below 3 rd percentile and growing slowly OR Above 97 th percentile and growing rapidly	Shift in percentile (any sharp changes) and / or Growth line is flat	Below 3 rd percentile		Above 85 th percentile	
			0 - 2 years Weight-for-age Length-for-age Weight-for-Length	2 – 19 years BMI-for-age Weight-for-age Height-for-age	0 – 2 years Weight-for-length	2 – 19 years BMI-for-age

Key Messages for Families				
“Growth pattern appears normal. Child’s own pattern may change.”	“Head circumference is ‘small’ or ‘large’.”	“Growth pattern may be changing.”	“Weight may be low.” “Length/height may be low.”	“Weight may be ahead of length/height.”

Examine all measures of growth collectively.
Review standard discussion points with families. (See reverse)
May recommend follow-up visit to track growth sooner than next scheduled appointment.
Discuss relevant community programs.

Reinforce the positives!

This MAY be a normal growth pattern, however it signals a need for assessment and monitoring. Arrange for follow-up. Consider appropriate referrals to other health professionals for more detailed assessment and counselling - dietitian, family physician, lactation consultant or pediatric specialist (informed consent required).

CORE GROWTH MESSAGES

- Measurements are health SCREENING tools.
- Growth is one of the signs 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.

COUNSELLING: STANDARD DISCUSSION POINTS

- | 0-2 years | 2-19 years |
|--|---|
| <ul style="list-style-type: none"> • BREASTFEEDING pattern and technique • Formula feeding – pattern; technique; preparation; etc. • Age-appropriate milk, beverages and introduction to solid foods | <ul style="list-style-type: none"> • Intake of foods high in fat, sugar or salt • Body image issues • Disordered eating pattern • Eating well with Canada’s Food Guide |
| <ul style="list-style-type: none"> • Child’s overall health • Presence or recent history of acute illness • Presence of chronic illness or special health care needs • Stress or change in child’s life • Family growth patterns • Family meal patterns • Sleep pattern | <ul style="list-style-type: none"> • Feeding relationship • Family physical activity routines • Food and activity routines in child care or school • Screen time • Amount of juices and/or sweetened beverages • Food security concerns: availability and access to healthy foods |

Recommended Cut-Off Criteria Using the WHO Growth Charts

Cut-off points are intended to provide guidance for further assessment, referral or intervention. They should not be used as diagnostic criteria.

Growth Indicator	0 – 2 years	2 – 5 years	5 - 19 years	Growth Concern
Weight-for-age	< 3 rd	< 3 rd	< 3 rd	Underweight
Height / Length-for-age	< 3 rd	< 3 rd	< 3 rd	Stunted
Weight-for-length	< 3 rd			Wasted
Weight-for-length	> 85 th			Risk of overweight
Weight-for-length	> 97 th			Overweight
Weight-for-length	> 99.9 th			Obese
Head Circumference	< 3 rd or > 97 th			Head circumference
BMI-for-age		< 3 rd	< 3 rd	Wasted
BMI-for-age		> 85 th		Risk of overweight
BMI-for-age		> 97 th	> 85 th	Overweight
BMI-for-age		> 99.9 th	> 97 th	Obese
BMI-for-age			> 99.9 th	Severely obese

Resources available at www.whogrowthcharts.ca

- A Health Professional's Guide to the WHO Growth Charts
- 2014 WHO Growth Charts Adapted for Canada
- BMI Tables and Calculator
- Self-Instructional Training Program on the WHO Growth Charts Adapted for Canada
- Is My Child Growing Well? Questions and Answers for Parents
- Tips to Help Your Child and Teen Grow Well



Other resources

- Nutrition for Healthy Term Infants: Recommendations from Birth to 24 months available at <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php>
- Find a Dietitian www.dietitians.ca/find
- Healthy eating/active living resources available at www.dietitians.ca, from Health Canada and provincial government web sites and local public health centres.