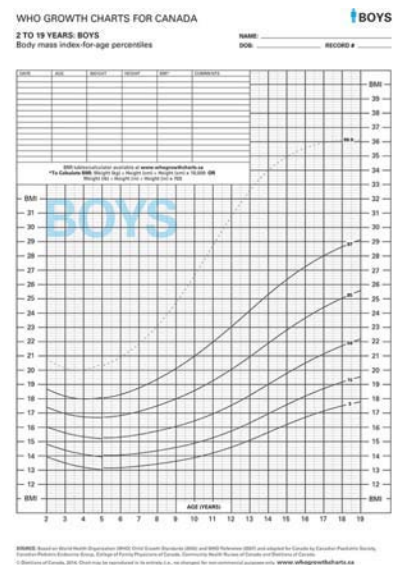


# WHO Growth Charts Adapted for Canada

## Summary of Changes – March 2014

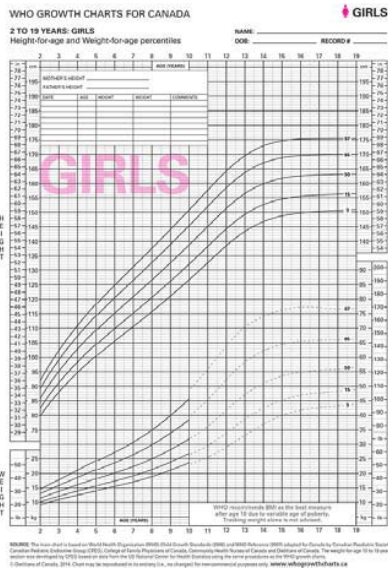
The original Collaborative Group which included representation from the Canadian Paediatric Society, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada, expanded in January 2014 to include the Canadian Pediatric Endocrine Group. Together, the five groups addressed some design issues that had emerged since the growth charts were first put into practice in 2010. The growth charts were reissued in March 2014 and address the primary design issues.

- The shading used on the 2010 colour charts did not add to the meaningfulness of the charts and they did not fax well. Therefore, one set of charts in colour that are suitable for printing and faxing in black and white was created. The black and white versions have been eliminated. A blue icon is used on all the Boys charts and a pink one on all the Girls charts.
- There were concerns that the inclusion of the 0.1 and 99.9 percentile curves led to some practitioners concluding that a child's growth that fell within these curves (0.1-3 and 97-99.9) was normal. The 0.1 percentile was removed from all charts. It is a cut-off for severe wasting/underweight. Where the 99.9 percentile is a cut-off point it remains on the appropriate charts, namely 0-2 years – Weight-for-length – cut-off for obesity; BMI-for-age- 2-5 years – cut-off for obesity and 5-19 years –cut-off for severe obesity). The 99.9 curve is a dashed curve rather than solid curve to demonstrate that if a child's growth falls



between the 97 and 99.9 percentile or beyond the 99.9 then guidance for further assessment, referral or intervention is recommended (see Recommendation 7 in the [Collaborative Statement](#)).

- As per Recommendations 5 and 7 of the [Collaborative Statement](#), BMI-for-age should be used to assess weight relative to height; monitoring



weight-for-age alone is not recommended after age 10. Although practitioners should use the BMI-for-age chart after age 10 and that remains the recommendation, some practitioners want to continue to monitor weight-for-age after age 10 as well. To facilitate this practice, the percentile curves were extended beyond age 10 but the curves are dashed not solid and the cautionary note was extended to include - *WHO recommends BMI as the best measure after age 10.*

- The weight-for-age 10-19 years section of the 2-19 Years, Weight for age charts was developed by the Canadian Pediatric Endocrine Group. The addition of the dashed curves after age 10 and the note included in this section were approved by the WHO.
- The new web address – [www.whogrowthcharts.ca](http://www.whogrowthcharts.ca) – was added to all charts.
- The BMI-for-age charts include a note about the availability of the BMI tables and calculator in addition to the formula to calculate BMI. This will make it easier for practitioners to use the BMI charts.

*On behalf of the 2014 Collaborative Group - Canadian Paediatric Society, Canadian Pediatric Endocrine Group, College of Family Physicians of Canada, Community Health Nurses of Canada and Dietitians of Canada.*