

## WHO INTERNATIONAL GROWTH STANDARDS

Since October 1, 2012 WIC is now using the WHO International Growth Standards to assess growth and development of infants' birth to 24 months of age – WIC continues to use the Centers for Disease Control and Prevention (CDC) Growth Charts for children 2 – 5 years of age.



### Worldwide Recommendation

Use the WHO growth standards/growth charts to monitor growth for:

Infants and children 0-24 months of age



Families grow healthy with WIC



### WHO International Study Revealed

When provided optimal conditions – **Children grow the same on average.** It does not matter where they live.



Brazil



Ghana



India



Norway



Oman



USA



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### Rationale for Change

To base growth assessments on:

- A growth **standard**; not a point on a **reference** chart.
- The growth of healthy children living in **optimal environments**.
- Breastfeeding until 12 months of age



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### WHO Standards Reflect Breastfeeding as the Norm

In general, breastfed infants grow more:

- quickly the first 3 months
- slowly 3-12 months than formula-fed infants



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## wic Comparison of Infant Growth Charts

Category	CDC Growth References	WHO Growth Standards
Underweight	$\leq 5^{\text{th}}$ Percentile	$\leq 2^{\text{nd}}$ Percentile
Height weight for length	$\geq 95^{\text{th}}$ Percentile	$\geq 98^{\text{th}}$ Percentile
Short Stature	$\leq 10^{\text{th}}$ Percentile	$\leq 2^{\text{nd}}$ Percentile

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## wic Impact of Using WHO Standards

**For age 0-24 months:**

**$\leq 2^{\text{nd}}$  versus  $\leq 5^{\text{th}}$  percentile:**  
Fewer diagnosed as underweight

**$\geq 98^{\text{th}}$  versus  $\geq 95^{\text{th}}$  percentile:**  
Fewer diagnosed as high weight



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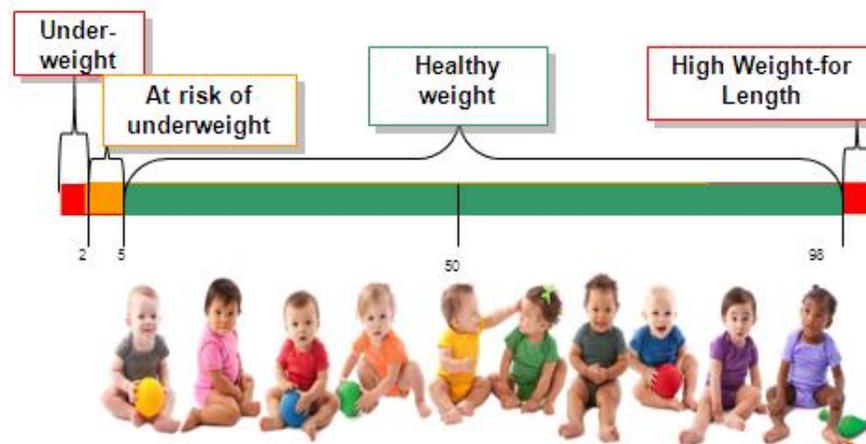
## Consistent Messages



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## Understanding Infant Growth



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