



## Promoting Optimal Monitoring of Child Growth in Canada: Using the New WHO Growth Charts

The recent release of the WHO Growth Standards and Growth References has prompted a re-evaluation of which growth charts are appropriate for monitoring and assessing the growth of Canadian

children. *Promoting Optimal Monitoring of Child Growth in Canada: Using the New WHO Growth Charts* was developed collaboratively by Dietitians of Canada, Canadian Paediatric Society, The College of Family Physicians of Canada and Community Health Nurses of Canada. The statement is intended for use as a practice guideline for health professionals. The desired outcome is the promotion of consistent practices in monitoring growth and assessing patterns of linear growth and weight gain in infants, children and adolescents to support healthy child growth and development.

Download the following documents in PDF format:

- **Promoting Optimal Monitoring of Child Growth in Canada : Using the New WHO Growth Charts** [www.dietitians.ca/growthcharts](http://www.dietitians.ca/growthcharts)

- **The Executive Summary** [www.dietitians.ca/growthcharts](http://www.dietitians.ca/growthcharts)

- English
- French

- **A Health Professional's Guide to Using Growth Charts** [www.dietitians.ca/growthcharts](http://www.dietitians.ca/growthcharts)  
- outlines the ways to use and interpret the 2006 WHO Growth Standards and the WHO Growth References 2007 to assess physical growth in infants, children and adolescents.

- English – Colour; B/W
- French – Colour; B/W

- **Is My Child Growing Well? Questions and Answers for Parents** [www.dietitians.ca/growthcharts](http://www.dietitians.ca/growthcharts)

- a fact sheet designed for parent education

- English – Colour; B/W
- French – Colour; B/W
- Spanish – Colour; B/W
- Traditional Chinese – Colour; B/W

- **Set of WHO Growth Charts Adapted for Canada for the Primary Care Setting – coming soon**