

Growth Charts

Standard Growth Charts:

All children should be plotted on a standard growth chart for their gender and age.

- Under 24 months: use WHO chart
- Over 2 years: use CDC chart
- **WHO and CDC Charts:** <http://www.cdc.gov/growthcharts/>

Specialty Growth Charts:

Cerebral Palsy:

All children with CP should be plotted on the Brooks growth chart for their gender and age (use in conjunction with standard growth chart).

- **Brooks Chart*:** <http://www.lifeexpectancy.org/articles/Newgrowthcharts.shtml>
- **Only use the weight for age Brooks chart.** For children in Gross Motor Function Classification System (GMFCS) levels III – V a weight for age <20th percentile is associated with increased morbidity and mortality.
- Broad definitions of GMFCS levels I to V are:
 - I. Walks without limitations
 - II. Walks with limitations
 - III. Walks using a hand-held mobility device
 - IV. Self-mobility with limitations, may use powered mobility
 - V. Transported in a manual wheelchair

Premature Infants:

All premature infants should be plotted on 2013 Fenton growth chart for their corrected gestational age (CGA) until 40 weeks. After reaching CGA of 40 weeks premature infants should only be plotted on standard growth chart to both their actual and corrected age.

- **Fenton Chart*:** <https://ucalgary.ca/resource/preterm-growth-chart/preterm-growth-chart>
- **Correction for prematurity:**
 - Weight, length/height, and head circumference should be corrected until 2 years corrected age
- **Calculation for correction for prematurity:**
 - Adjustment for prematurity = 40 weeks (term) – gestational age at birth
 - Corrected age = chronological age – adjustment for prematurity
 - Example: 4 month 2 week old born at 28 weeks
 - Adjustment for prematurity: 40 weeks – 28 weeks = 12 weeks or 3 months
 - Corrected age: 4 months 2 weeks – 3 months = **1 month 2 weeks**

Growth Charts Available in EPIC for Routine Use:

- WHO
- CDC
- Fenton
- Brooks

*The Fenton premature infant and Brooks cerebral palsy growth charts are currently the only specialty growth charts recommended for routine use at CW.

References:

Texas Children's Hospital Pediatric Nutrition Reference Guide, 9th edition, 2010