

UNDERSTANDING GROWTH

In the First Two Years

There are two types of growth charts used for young children ↴

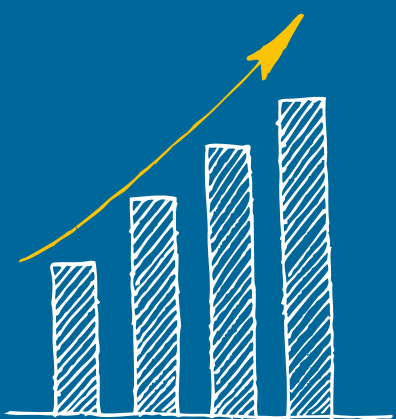
World Health Organization (WHO) & Centers for Disease Control & Prevention (CDC)

It is important to understand how each chart is used and the impact on your child's CF Growth Goals



Good Growth = Healthy Outcomes

Good growth in the first few years of life can help ensure a healthy future for your child. One way that growth is measured in CF is a comparison of weight in relation to height. In infants, we use "weight-for-length" and in older children and adults, we use "body mass index" or "BMI." We use growth charts to compare an individual's growth to other children of the same age. There are two different growth charts: WHO and CDC.



WHO ≠ CDC

The populations used to create each growth chart are different. This means your child's percentiles for weight, length and weight for length will be different between the two charts. The American Academy of Pediatrics recommends the use of the WHO growth chart from 0–2 years (weight for length) and the CDC growth chart (BMI) from 2–20 years.



Growth Chart Changes At Age 2

In CF, it has been shown that having a BMI at or above the 50th percentile on the CDC growth chart at age 2 is associated with better lung function later in life, however this knowledge is considered in the context of your individual child. Your CF care team will help to set individualized growth targets for your child throughout infancy and childhood. Regardless of what your child's growth status is, it is important to recognize that when we switch from the WHO curve to the CDC curve at age 2, your child's percentile will change, and in most cases, decrease.