

Activity: Growth Charts Weight for Age

Growth charts are often used to assist in the assessment of a child's health. To gain experience with growth charts, complete case study 1 by plotting Sarah's weight for age on the weight-for-age growth chart (page 2.) After completing the activity answer the following questions in a large group discussion.

1. What stood out as important when plotting growth charts?
2. What considerations will you make about children's weight?

Case Study 1

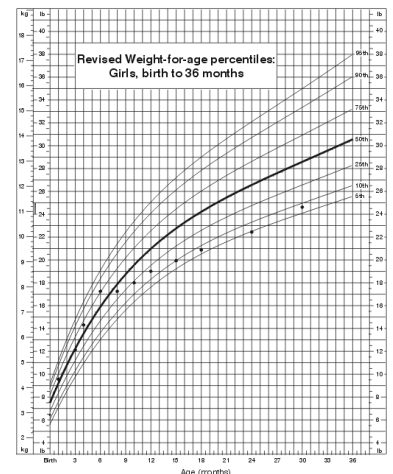
Sarah's Weight

At Birth	6 lb, 7 oz
At 1 Month	9 lb, 8 oz
At 3 Months	12 lb, 2 oz
At 4 Months	14 lb, 5 oz
At 6 Months	17 lb, 4 oz
At 8 Months	17 lb, 4 oz
At 10 Months	18 lb, 0 oz
At 12 Months	19 lb, 0 oz
At 15 Months	19 lb, 15 oz
At 18 Months	20 lb, 14 oz
At 24 Months	22 lb, 7 oz
At 30 Months	24 lb, 10 oz

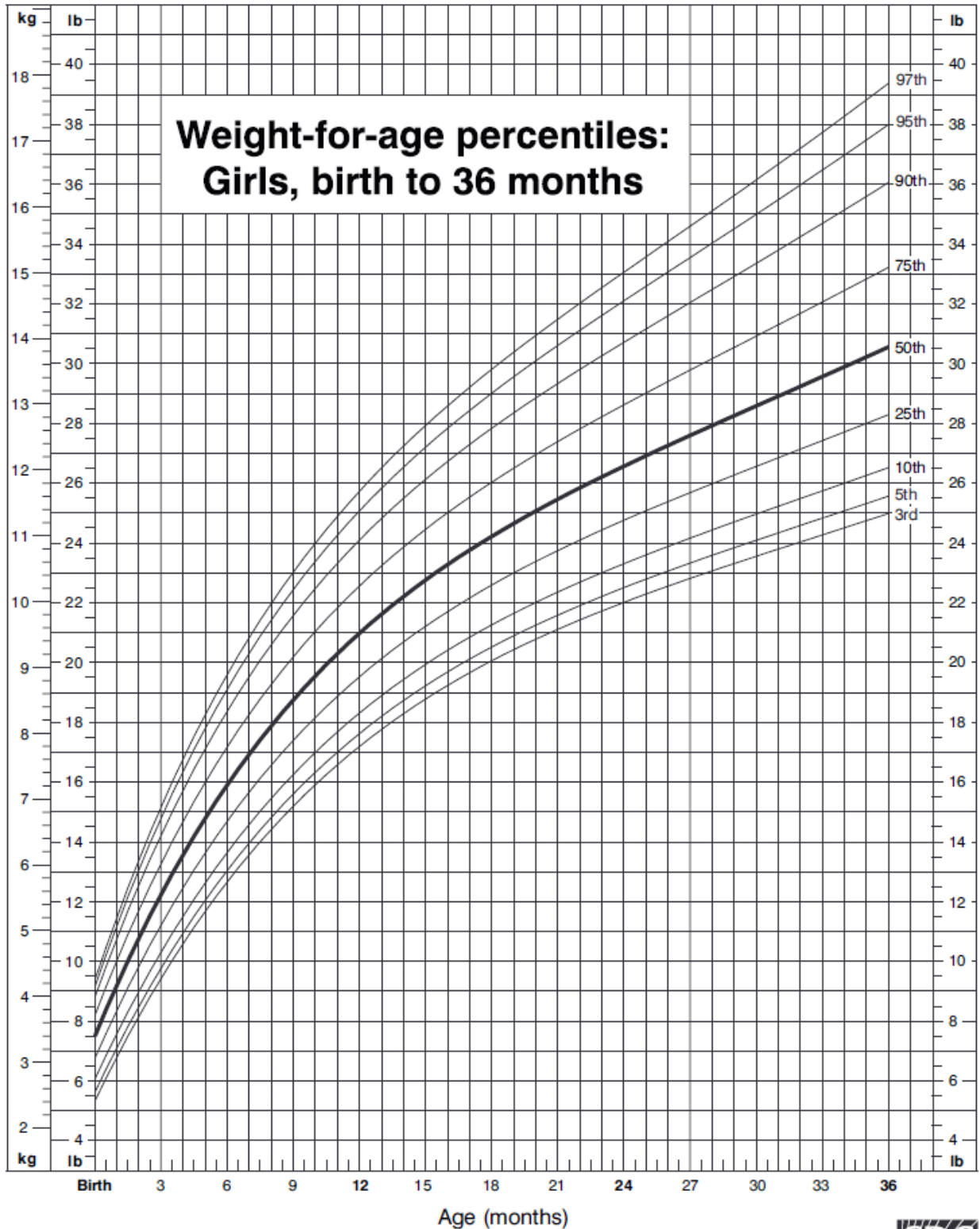
Answer

For additional information visit:
CDC Growth Charts - <http://www.cdc.gov/GrowthCharts/>

Case Study: Mary, Born Dec. 2, 1997



CDC Growth Charts: United States



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SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



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