

Using the WHO Growth Charts to Assess Children from Birth to 2 Years

TRAINING MODULE USER GUIDE

Presenting the Training

The PowerPoint presentation in this module includes detailed talking points and background information to guide you. As you may give this training to a variety of health professionals involved in performing components of the CHDP exam, you may tailor your presentation to fit the needs of your audience. This presentation is designed to be presented as a stand-alone workshop or combined with other training modules, most appropriately the *Assessing Child Growth Using BMI-for-Age Growth Charts* training module. If presented as a stand-alone training, the presentation will take approximately 35 minutes. See **Table 1** (page 2) for **Suggestions for Slide Timing for a 35 Minute Training**. If presented in combination with the *Assessing Child Growth Using BMI-for-Age Growth Charts* training, the following slides may be inserted into the BMI presentation: 3, 5, 11, 12, 13, 21, 22, 23, and 24.

Speaker Tips:

It is recommended that the presenter complete the online training course, *WHO Growth Charts to Assess Growth in the United States Among Children Ages Birth to 2 Years* (<http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm>), prior to conducting this training module. This will prepare the presenter for any questions that participants may have during the presentation. Review the contents of the training packet with participants during your introduction.

Training Module Packets

This training introduces health care providers to the WHO international growth standard for infants and young children. For successful hands-on learning, print and assemble a complete training packet for each participant including presentation handouts, tools, and other resources. Assemble extra packets for walk-ins. Print the following documents and place them in twin pocket folders:

- *Using the WHO Growth Charts to Assess Children from Birth to 2 Years* PowerPoint presentation handout
- *Recommendations for and advantages of using the WHO growth charts*
- *Practice Growth Charts (2)*
- *WHO Growth Chart Boys Birth to 24 months: Length-for-age and Weight-for-age*
- *WHO Growth Chart Boys Birth to 24 months: Head circumference and Weight-for-length*
- *WHO Growth Chart Girls Birth to 24 months: Length-for-age and Weight-for-age*
- *WHO Growth Chart Girls Birth to 24 months: Head circumference and Weight-for-length*
- *Training Evaluation* form

Customize and print labels for the training packet cover and inside pockets using the following:

- Training packet cover label template (for front cover of training packet)
- Pocket label template (for inside pockets of training packet)
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Customize the following document and print as needed:

- Attendance sheet

Links to other materials relevant to this topic are listed on the web page. You may enter the titles of additional handouts on the pocket labels. See **Table 2** (page 3) for the **Training Material Printing and Packet Assembly Guide**.

Compatibility

You may need to customize the presentation to adapt the slides for viewing on your computer, laptop, or with a projector. Font sizes and charts may need to be adjusted.

Running the Presentation

When using a laptop and projector, you may need to adjust the screen display if the entire viewing area of the slide is not visible. For the best image quality, set the resolution of the presentation and the computer so that they are compatible with your projector by following these steps:

1. On the **Slide Show** menu, select **Set Up Show**.
2. In the box marked **Performance**, select the appropriate resolution for your projector in the **Slide show resolution** drop-down list. Refer to your projector manual for the appropriate resolution setting for your projector model. If you cannot find this information, or if you are unsure, most projectors support a resolution of 800 x 600 pixels.

If the only choice in the **Slide show resolution list** is **Use Current Resolution**, this indicates that your computer display is set to a resolution of 640 x 480 pixels. To access additional choices, increase your screen resolution in Windows by right-clicking the desktop, selecting **Properties** on the shortcut menu, and then choosing the desired resolution in the **Display Properties** dialog box.

3. Select **OK**.

TABLE 1: SUGGESTIONS FOR SLIDE TIMING FOR A 35 MINUTE PRESENTATION

<i>Section</i>	<i>Slide</i>	<i>Title</i>	<i>Suggested Timing</i>
Introduction	1	Using the WHO Growth Charts to Assess Children from Birth to 2 Years	5 minutes
	2	Objectives	
Background	3	Growth Chart Recommendations for Health Care Providers	15 minutes
	4	WHO Growth Charts for Infants and Children Birth to 24 Months	
	5	Compare the WHO Growth Standards & the CDC Growth Reference	
	6	Benefits of Using WHO Growth Charts	
	7	Impact of WHO Growth Charts on the Interpretation of Growth	
	8	Growth Rate for Breastfed Infant	
	9	WHO Growth Charts Are Different	
	10	Compare the WHO & CDC Growth Prevalence Rates by Age	
	11	Recommended Cutoffs WHO Growth Charts	
	12	Recommended BMI-for-age Cutoffs	
	13	WHO Growth Standards Birth to 24 Months	
	14	Boys: Birth to 24 months	
	15	Girls: Birth to 24 months	
	16	Recommendations for Practice	
	17	When Growth Deviates from the Norm	
Application and Documentation	18	Case Example-Graph George's Growth	10 minutes
	19	Graph George's Growth	
	20	Comparing Weight-for-Length	
	21	Moving from WHO to CDC Charts at 2 Years	
	22	Possible Changes for an Individual Child at Age 2	
	23	How to Get Started	
Resources	24	References and Tools	5 minutes
	25	References and Tools	

TABLE 2: TRAINING MATERIAL PRINTING AND PACKET ASSEMBLY GUIDE

<i>Training packet labels</i>	<i>Instructions</i>
WHO-CoverLabels.doc	<ul style="list-style-type: none"> • Print on 2" x 4" label stock
WHO-PocketLabels.doc	<ul style="list-style-type: none"> • Print on 2" x 4" label stock
<i>Training packet: left-hand pocket items</i>	
WHO-Presentation.ppt presentation handouts (25 single-sided pages or 13 double-sided pages)	<ul style="list-style-type: none"> • Print B & W double-sided copies on white paper • In the Print dialog box, select: <ul style="list-style-type: none"> ○ Print what: Handouts ○ Handouts: Choose preferred format ○ Color/grayscale: Pure Black and White ○ Check Frame Slides • Select # of copies needed • Select Print
WHO-Recommendations.pdf	<ul style="list-style-type: none"> • Print B & W double-sided copies
CDC-PracticeCharts.pdf (1 double-sided page) WHO-PracticeCharts.pdf (1 double-sided page)	<ul style="list-style-type: none"> • Print B & W double-sided copies on light blue paper or • Print color double-sided copies on white paper
WHO-TrainingEvaluation.pdf	<ul style="list-style-type: none"> • Print B & W single-sided copies on color paper
<i>Training packet: right-hand pocket items</i>	
WHO Clinical Growth Charts Sample Set (4 single-sided pages or 2 double-sided pages) WHO-Boys0-24Lt-Wt.pdf <i>print back-to-back with:</i> WHO-Boys0-24HC-L4W.pdf WHO-Girls0-24Lt-Wt.pdf <i>print back to-back with:</i> WHO-Girls0-24HC-L4W.pdf	<ul style="list-style-type: none"> • Print B & W or color double-sided copies on colored or white paper • Consider using high quality bright white paper if samples will be used as masters for copies
<i>Additional items</i>	
WHO-Attendance.doc (1 single-sided page)	<ul style="list-style-type: none"> • Print in landscape format on white paper

Clinical Growth Charts Camera-Ready Master Set

Provider offices may also find a set of camera-ready masters for the WHO and CDC growth charts useful for easy printing. **Table 3** outlines the procedure for assembling a packet for each provider office. Provide one of these packets for each clinic attending the training. It is suggested that local programs keep sets on hand for new CHDP provider training.

TABLE 3: CLINICAL GROWTH CHARTS MASTER SET PRINTING AND PACKET ASSEMBLY GUIDE

Place printed materials in a manila folder or twin pocket folders. Print labels as desired.

<i>Clinical Growth Charts Master Set items</i>	<i>Instructions</i>
WHO-CameraReadyMasters.doc	<ul style="list-style-type: none">• Print on white paper
WHO-Recommendations.pdf	<ul style="list-style-type: none">• Print B & W double-sided copies
WHO Growth Charts (4 single-sided pages) WHO-Boys0-24Lt-Wt.pdf WHO-Boys0-24HC-L4W.pdf WHO-Girls0-24Lt-Wt.pdf WHO-Girls0-24HC-L4W.pdf	<ul style="list-style-type: none">• Print single-sided copies on white paper• Consider using high quality bright white paper as these will be used as masters for copies
CDC Growth Charts (4 single-sided pages) B2-20Wt-Ht.pdf B2-20BMI.pdf G2-20Wt-Ht.pdf G2-20BMI.pdf	<ul style="list-style-type: none">• Print single-sided copies on white paper• Consider using high quality bright white paper as these will be used as masters for copies