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TECHNICAL COLLEGE
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Growth Charts – A Child’s Height, Weight, and Body Mass Index Children are Different and Growth is Too!



Why Are Children Weighed and Measured?

Height and weight measurement is an inexpensive screening tool for all ages. Adult BMI is different than children’s. A child’s BMI is identified using standardized growth charts.

Growth Charts Explained:

Height and weight are plotted on the front of a paper growth chart or computer <http://www.cdc.gov/growthcharts/> . The point plotted on the pink or blue chart for your child shows us how your child’s height and weight compare with the average height and weight of other children of the same age. Height and weight are then converted to Body Mass Index (BMI) and charted on the other side of the paper. BMI reflects your child’s unique growth their own height and weight. BMI tells: If your child is considered to be growing and developing in a normal, healthy way.

“**Healthy Range**” is above the 5th percentile, but below the 85th percentile on the growth chart. If your child is identified or diagnosed as being out of the “healthy range” it is advised to make a health weight plan *.

Underweight = below the 5th percentile

Overweight = above the 85th percentile, but below the 95th

Obese = above the 95th percentile

When a child is “OUT OF THE HEALTHY RANGE!” What Can You Do?

Help your child eat & play to grow into their weight.

ENJOY your child. No Diets! Never use food as a bribe or reward.

If your child has a BMI below the 5th percentile:

- Have meals together, as a family.
- Offer high-calorie nutritious snacks such as pudding, ice cream, or a peanut butter sandwich.
- Encourage physical activity to help build an appetite.
- Don’t let meal times become a battle.
- Limit sugary beverages like soda pop

If your child has a BMI above the 95th percentile:

- Have meals together, as a family.
- Limit sitting activities like watching TV and playing video or computer games.
- Plan fun outdoor activities, involve the whole family.
- Set a good example by making healthy choices.
- Limit sugary beverages like soda pop

Division of Responsibility for Healthy Family Eating

*“Parents or care providers manage the **what, when, and where** of food, Children can be trusted to decide **how much and whether to eat at all.**”*

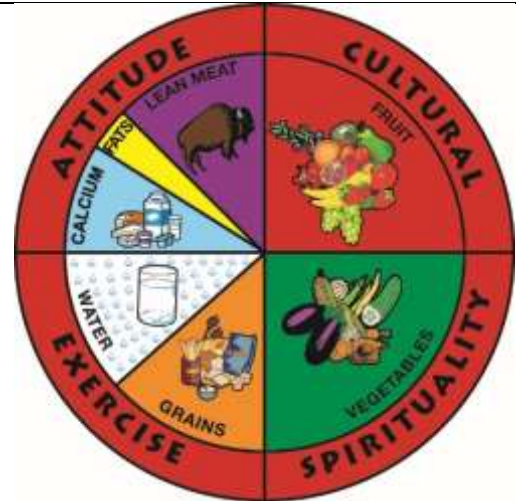
HEALTHY FAMILY EATING TIPS Eat meals together as a family!

Daily Food Intake for all Family Members:

- 3-4 servings fruit
- 3-4 servings vegetables
- 6 servings grain foods (half being whole grains)
- 2-3 cups calcium-rich milk
- 3-6 oz. meat
- < 5 tsp of fat &/or sugar
- 6 Cups water



www.myplate.gov



Children need between meal snacks! **A snack is about 100 to 300 calories** and should be low in sugar & fat, and high in fiber and/or calcium. Good snack ideas include: **dried or fresh fruit & vegetables, pretzels, popcorn, whole grain crackers or cereals, nuts, low-fat dairy products, and low-salt dried meat.**



A child's job is to play. Is your child employed?

- Be a role-model, get regular physical activity yourself
- Encourage children to play outdoors, everyday
- Make exercise fun for the whole family
- Go for a walks or bike rides after supper or play Frisbee or ball in the yard

*If the BMI chart shows your child is outside of the “healthy range”, you should consider making an appointment with your doctor or a dietitian. It is important to remember that growth spurts and weight gain are normal parts of growing. Other factors, like family background and race, can affect your child’s weight and height, so you should not put your child on a “diet.” A health professional (dietitian or doctor) can help your family develop a plan.