Resource 16-3: Alterations in Childhood Growth	
BMI	BMI=Weight (kg)/height (m)^2 • **Source: www.cdc.gov/growthcharts** Effective screening but not diagnostic tool In children, BMI is age-, gender-specific
BMI-for-age cutoffs	Overweight >95th percentile Risk of overweight=85th to <95th percentile Underweight <5th percentile
Indicators of nutritional status	Head circumference-for-age= <5 percentile, >95 percentile • Head circumference reflects brain size, often used to screen for potential developmental problems among infants at birth to 24 months old
Length or short stature-for-age	Defined <5th percentile Reasons • Often familial short stature where parents or other relatives have similar stature • Stunted growth because of long-term malnutrition, delayed maturation, chronic illness, or genetic disorder
Underweight weight-for-length	Defined <5th percentile Reasons • Recent or chronic malnutrition, dehydration, genetic disorder
Diagnostics	Growth chart, bone age determination (via radiography), endocrinology (e.g., growth hormone), genetic testing (e.g., Down syndrome, Turner syndrome).
Interventions	Treat underlying disorder; consider recombinant human growth hormone (rhGH) for idiopathic short stature (however, limited effect in children with familial short stature); education on nutrition and/or physical activity (for overweight or at-risk children)

Source: What Causes Poor Growth? available at https://www.magicfoundation.org/Growth-Disorders/