

INTERPRETATION OF GROWTH GRIDS

BMI/AGE or WEIGHT FOR LENGTH PERCENTILES	INTERPRETATION
>10 th and <85 th ile Body Mass Index (BMI) for age or 10 th to 85 th ile weight for length/stature	Normal growth, unless dramatic changes across the grid are noted.
At-risk for Overweight 85 th -95 th ile BMI/age or 85 th -95 th ile weight for stature	Monitor growth at least every 3 months. Review health history, diet and feeding practices. If child is growing parallel to curve and dietary and health history appear to be without risk, assume normal growth for this child. If weight for length increases above the 95 th ile, refer to Registered Dietitian.
Overweight ≥95 th ile BMI/age or ≥95 th ile weight for length/stature	Indicates overweight if child is 2-5 years of age; monitor weight at least every 3 months in children under 2 years of age. Review health history, diet and feeding practices. Refer to Registered Dietitian.
Underweight or at-risk of Underweight ≤10 th ile BMI/age or ≤10 th ile weight for length/stature	High Risk if child has not established a growth curve parallel to recommended growth curve or child significantly below the 5 th ile. This child may be undernourished, have a disease resulting in a significant weight loss and/or failure to gain weight or exhibiting a pattern of growth (leanness) which is normal for this particular individual. Monitor growth at least every 2-3 months, more often, if infant under one year of age. Review health history, diet and feeding practices. Refer to Registered Dietitian.
HEIGHT/LENGTH FOR AGE PERCENTILES	INTERPRETATION
10th to 95th	Normal growth
95th and above	Probably normal. Review weight for stature and follow recommendation for BMI/age or weight/length percentiles.
Below 10th	This child may be chronically malnourished causing significant growth stunting, exhibiting a sign of a variety of diseases which can result in significant growth stunting or exhibiting a pattern of growth which is normal for this particular individual. Review weight for stature and follow recommendation for BMI/age or weight/length percentiles.
WEIGHT FOR AGE PERCENTILES	INTERPRETATION
10th to 85th	Normal growth
≤10 th	Determine BMI/age or weight for length and refer to appropriate BMI/age or weight/length interpretation.
≥85 th	Determine BMI/age or weight for length and refer to appropriate BMI/age or weight/length interpretation.