**CHILD GROWTH**

Children’s growth is a very important marker of their overall health and development. It’s probably one of the single most important ideas we have of children’s overall health. So anything that affects children’s nutrition or general health will almost certainly have an impact on their growth – both in the short-term and perhaps even in the long-term.

Children’s growth is quite easy to measure. It needs accurate measurement of their weight and then their height or length – and in infants and young children, their head circumference. Then we would plot them on a growth chart and get some comparison of their growth with the standard.

As of March 2013, NHMRC have recommended for Australia, the use of WHO growth charts, for children between birth and two years. And the CDC charts which we have been using will continue to be in use for children over two years.

Some States and Territories will choose to use different growth charts. Some are already using WHO for all age groups. But that’s current policy in Australia.

Important messages around children’s growth are that it’s an essential part, I believe, of every assessment of a child’s general health and development. But it is relatively easy to measure and it’s relatively easy to assess.

This website has been designed to introduce health professionals to the WHO charts and to review the evidence around both the WHO charts and growth assessment in general. And to also include some practice tips for everyday use.