

ACTIVITY HANDOUT: GROWTH ASSESSMENT FLASHCARDS (ANSWERS)

[MODULE 3: Nutrition Considerations for Children with Disabilities]

True or False. If a child is unable to straighten his legs, I can still measure length. I just need to do it carefully. False. The child's ability to fully straighten legs is essential to get an accurate length measurement. Some children may have contractures and are unable to straighten their legs. Forcing the legs straight can cause pain and harm to the child. Taking accurate measurements can be difficult for children with certain impairments. For those children, it is important to select the measurements that can be done safely and accurately.	True or False. The median growth line, or green line, is followed by the majority of children who are well nourished. True. The median or green line illustrates how most children would grow if they are well-nourished and cared for. It is equal to a z-score of 0.
True or False. Positive z-score lines always indicate healthy growth. False. A positive z-score indicates the growth point is above average. It may indicate a concern; the further away from the median, the more serious the concern.	True or False. Negative z-score lines always indicate poor growth. False. A negative z-score indicates the growth point is below average. It may indicate a concern; the further away from the median, the more serious the concern.
True or False. Boys and girls have the same growth charts because they grow the same way. False. Boys and girls grow differently. That is why growth charts are sex-specific.	True or False. Growth rate depends on the child's age. True. Age is an important component of many growth charts. How rapidly children grow depends on their age.
True or False. In general, growth points between the +2 and -2 z-score lines are considered to be in the normal range. True. But, one growth point is not enough to determine if a child is growing well. A series of	True or False. WHO growth charts should only be used for children who are breastfed. False. WHO growth charts can be used regardless of the method of feeding. While the WHO growth charts illustrate how healthy children grow under ideal conditions including



plotted points is needed to establish a trend or pattern.	breastfeeding, good feeding practices, adequate nutrition, and proper care, they can be used for children who are not breastfed.
What are two measurements you can use to find out if the child has wasting or acute malnutrition? MUAC, or weight and length/height. Then, MUAC cut-off points or the weight-for-length/height growth chart are used to determine if the child has wasting.	Which growth chart do you use to find out if the child is underweight? The weight-for-age growth chart.
If a 3-year-old child is unable to stand, how can you measure their weight? Weigh the child with the help of the mother. Ask the mother (or an assistant) to stand on the scale, zero the scale (tare function), then place the child in the mother's arms.	At what ages do you measure length vs. height? Length for ages < 24 months and height for ages ≥ 24 months.
You want to measure MUAC but the child is unable to straighten their elbow. What do you do? Inspect the other arm. If the child is also unable to straighten the other arm, do not measure MUAC. Do not force the arm straight as it may cause pain and harm to the child. Some children with disabilities may not be able to straighten their elbow due to contractures or deformities.	Which growth chart do you use to find out if a child is stunted? The length/height-for-age growth chart.
What z-score value do you use to determine if the child has stunting, wasting, or underweight? A z-score < -2 on the appropriate growth chart is used to indicate stunting (length/height-for-age), wasting (weight-for-length/height), or underweight (weight-for-age). A z-score < -3 indicates severe malnutrition.	Describe two growth patterns that generally indicate a concern and require further attention. The following growth patterns generally indicate a concern and require further attention: • A growth line showing a sharp incline • A growth line showing a sharp decline • A flat growth line

Can **wasting** be reversed? Explain your answer.

- Yes! Wasting can be reversed if conditions improve. Interventions should include:
 - treating infections and illnesses
 - improving food access and quality
 - improving child care practices
- Compared to height, weight responds faster to interventions. Generally, children gain weight first before they catch up in length or height.

Can **stunting** be reversed? Explain your answer.

- Yes and no! Generally, stunted children under the age of two years may regain some lost height potential when placed in environments where they are well-fed and cared for. This is called catch-up growth.
- After children reach two years of age, it becomes more difficult, but not impossible, to reverse stunting that has occurred earlier.
- While these children may remain shorter than what is expected for their age, they can continue to grow closer to their potential with proper nutrition and care.

There are several steps involved in growth assessment. **Place them in the correct order.**

- A) Design a care plan
- B) Counsel caregiver
- C) Plot measurements
- D) Weigh and measure
- E) Follow up
- F) Determine risk

Step 1: D) Weigh and measure
 Step 2: C) Plot measurements
 Step 3: F) Determine risk
 Step 4: A) Design a care plan
 Step 5: B) Counsel caregiver
 Step 6: E) Follow up

When reviewing a one-year-old girl's weight-for-length growth chart, you notice that she's been growing consistently at an expected rate for her age. However, her growth line is below the -2 z-score line. **Are you concerned and why?**

I'm somewhat concerned and should gather more information. Even though the growth line tracks below the -2 z-score line, the child is growing consistently at an expected rate for age and sex. However, given the child's age, we want to evaluate her situation further and determine if other risk factors are present. It would be helpful to learn more about the child's nutrition, illnesses or medical conditions, feeding history, and care practices. It's also important to review her length-for-age growth chart to determine if she's also growing consistently in length.