

Measuring Day (May 2018)

बच्चा baby, बच्चा केटा baby boy, बच्ची baby girl



The second Measuring Day was met with mixed emotions by most of the baby crowd. The feeling of sitting in a swing was unsettling to say the least by the majority, as you'll see in the photos. Decidedly, the most fun of the day was playing with the measuring tape.



Several years ago during one of our Arsenic Awareness Workshops, we found two children with hydrocephalus. One young boy in Nadawa, who is now 7 years old, we helped with a stint operation, but the other child, a one year old girl, was in a district that was too dangerous to return for two years. Sadly, the young girl died during that time. This has made our Nutrition Team more aware of the importance of monitoring the children's growth and identifying problems abnormalities in the early stages. Tracking weight gain or loss over 2 years will also help spot children who may have a medical problem. These parent can be referred to the local clinic and hospital for followup examination.





Grandmothers, aunts, and older siblings are frequent care takers when mom isn't available. We encourage all the caretakers to attend workshops, thus, assuring nutrition and health care information is spread amongst the community.



The guidelines below for weight gain help us determine if a child is healthy. Comparing the data from each Measuring Session is important. The chart below is a WHO standard to gauge weight growth.

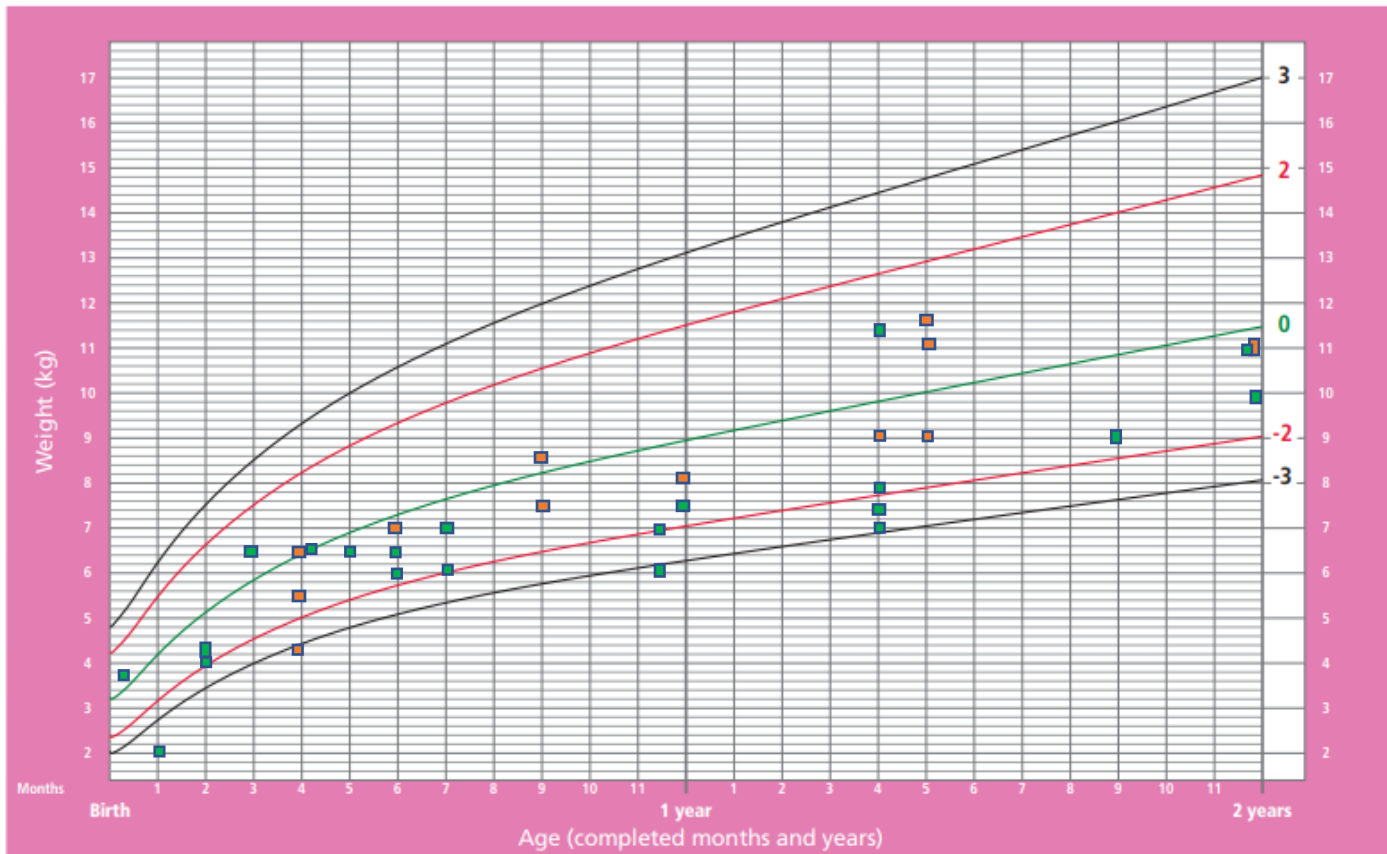
WHO Guidelines for Weight Growth

- 0-3 Months-- Gain of 175 g to 210 g per week
- 5 Months--- Most babies should have **doubled** their birth weight by 5 to 6 months
- 6-12 Months-- Gain of 400 g per month
- 1 Years Most babies **have tripled** their birth weight.
- 2 Years 4 Times the birth weight
- 3 Year 5 Times the birth weight
- 5 Years 6 Times the birth weight
- 7 Years 7 Times the birth weight
- 10 Years 10 Times the birth weight

Chart 1- Weight gain from birth to 10 years. WHO source.

Weight-for-age GIRLS

Birth to 2 years (z-scores)



WHO Child Growth Standards

- Sano Kunwar Village (8- second weighing, 4 – first weighing)
- Haqui Village (21 first weighing)

Chart 2 . The above chart shows the total weights calculated for **both boy and girl** weights in two villages: orange is Sano Kunwar, and green is Haqui. The lines indicate standard deviation (z-scores) for girls from birth to 2 years. The final charts will have both girl and boy SD, weight, height, length, and head circumference.

The numbers on the right side of the graph correspond are Z-scores (standard deviation).

Thoughts

Holding one workshop with a couple follow up sessions during the weighting times may not be enough contact with the women. We've found ten children that are under weight from this group that need more frequent follow up with the Female Health Volunteer (FHV). The FHV can check the mother's nutrition status, child's health stats and provide more training for the family, especially in nutrition. With this in mind we will use extra funds to work with the FHV and the mothers on a monthly basis.

- http://www.who.int/childgrowth/standards/Technical_report.pdf?ua=1
- <https://www.infantchart.com/> (infant weight calculator)
- <http://www.who.int/nutgrowthdb/about/introduction/en/index4.html>

