

Standard

Growth Standard for Children Under 7 Years of Age*

1 Scope

This standard specifies the evaluation indicators and methods for the growth level and nutritional status of children under 7 years of age.

This standard is applicable to the group and individual evaluation of the growth level and nutritional status of children under 7 years of age.

2 Normative references

The following documents constitute the essential provisions of this standard through the normative references in the text. For the references dated, only their dated versions are applies to this standard; for the references undated, their latest versions, including all amendments, are applicable to this standard.

3 Terms and definitions

The following terms and definitions apply to this standard.

3.1 Children under 7 years of age

Children between birth and under 7 years of age (< 84 months of age).

3.2 Weight

Total weight of the human body.

3.3 Length

Length from the top of the head to the heel in the horizontal position.

3.4 Height

Vertical height from the top of the head to the bottom of the foot in the standing position.

3.5 Head circumference

The circumference at the upper edge of the right eyebrow arch passing through the highest point of the occipital ridge.

3.6 Body mass index; BMI

An index for calculating weight for height, under the following Formula (1):

$$\text{BMI} = \frac{\text{Weight (kg)}}{[\text{Height (m)}]^2} \quad (1)$$

4 Evaluation of growth level and nutritional status

4.1 Percentile evaluation method for growth level of children under 7 years of age

The growth level of children under 7 years old was evaluated according to [Table 1](#) in Appendix A.

Table 1. Percentile evaluation method for growth level of children

Percentile method	Evaluation indicator				
	Weight for age	Length/height for age	Weight for length/height	BMI for age	Head circumferenceforage
$\geq P_{97}$	Upper	Upper	Upper	Upper	Upper
$P_{75} \leq \bullet < P_{97}$	Above average	Above average	Above average	Above average	Above average
$P_{25} \leq \bullet < P_{75}$	Average	Average	Average	Average	Average
$P_3 \leq \bullet < P_{25}$	Below average	Below average	Below average	Below average	Below average
$< P_3$	Lower	Lower	Lower	Lower	Lower

* National Health Standard of the People's Republic of China (WS/T 423—2022).

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4.2 Standard deviation evaluation method for growth level of children under 7 years old

The growth level of children under 7 years old was evaluated according to [Table 2](#) in Appendix B.

Table 2. Standard deviation evaluation method for growth level of children

Standard deviation method	Evaluation indicator				
	Weight for age	Length/height for age	Weight for length/height	BMI for age	Head circumference for age
$\geq +2$ SD	Upper	Upper	Upper	Upper	Upper
$+1$ SD $\leq \bullet < +2$ SD	Above average	Above average	Above average	Above average	Above average
-1 SD $\leq \bullet < +1$ SD	Average	Average	Average	Average	Average
-2 SD $\leq \bullet < -1$ SD	Below average	Below average	Below average	Below average	Below average
< -2 SD	Lower	Lower	Lower	Lower	Lower

4.3 Standard deviation evaluation method for nutritional status of children under 7 years old

The nutritional status of children under 7 years old was evaluated according to [Table 3](#) in Appendix B.

Table 3. Standard deviation evaluation method for nutritional status of children

Standard deviation method	Evaluation indicator			
	Weight for age	Length/height for age	Weight for length/height	BMI for age
$\geq +3$ SD	-	-	Severe obesity	Severe obesity
$+2$ SD $\leq \bullet < +3$ SD	-	-	Obesity	Obesity
$+1$ SD $\leq \bullet < +2$ SD	-	-	Overweight	Overweight
-1 SD $\leq \bullet < +1$ SD	-	-	-	-
-2 SD $\leq \bullet < -1$ SD	-	-	-	-
-3 SD $\leq \bullet < -2$ SD	Low weight	Severe growth retardation	Slim	Slim
< -3 SD	Severe low weight	Severe growth retardation	Severe wasting	Severe wasting

5 Physical measurement method

Weight, length, height, and head circumference are measured in accordance with WS/T 424.