

Time	Narration
00:01	Welcome to the spoken tutorial on <b>WHO</b> weight-for-age <b>percentile</b> growth charts.
00:10	In this tutorial, we will learn about:
00:13	Plotting on weight-for-age <b>percentile</b> growth charts.
00:20	Interpreting plotted points for growth indicators.
00:26	Identifying problems on growth charts.
00:31	<b>Percentile</b> growth charts are discussed in another tutorial of the same series.
00:39	Basics of growth charts and plotting are explained in that tutorial.
00:46	The first type of <b>percentile</b> growth chart, length-for-age, is also explained.
00:54	It is important that you watch it before watching this tutorial.
01:01	Please visit our website for more details.
01:06	Now, let's learn more about the second type of <b>percentile</b> growth chart.
01:14	It is the weight-for-age growth chart.
01:19	Weight-for-age reflects body weight according to the child's age.
01:26	On weight-for-age charts, the y-axis shows weight in kgs.
01:34	The horizontal lines mean an increase in weight by 0.2 kgs or 200 grams.
01:45	The x-axis shows age.
01:49	It starts with zero which is at birth.
01:55	Age is plotted in completed months and years from 0 to 2 years of age.
02:04	Let's go through the steps to plot weight-for-age in this chart.
02:12	First, mark the exact age, that is months and years, on the x-axis.
02:20	Then, mark the weight on the y-axis with a point.
02:26	Extend it over the connected horizontal line till the marked point for age.
02:34	Extend the marked point for age over the connected vertical line.
02:41	The point where the two extended lines intersect is called a plotted point.
02:49	For every child, points should be plotted over weekly or monthly measurements.
02:57	Always connect adjacent points with a straight line.
03:03	This will help to identify any growth problems in the child.
03:10	Let's use an example to understand plotting points on this chart.
03:17	This graph shows Amit's weight-for-age plotted thrice over 6 months.
03:25	Amit weighed 4.4 kgs at 1 month of age.
03:32	It is almost at the 50th <b>percentile</b> .
03:36	It means he is of average weight, one month after birth.
03:43	He weighed 6.5 kgs at three months of age.
03:49	It is a little above the 50th <b>percentile</b> line.
03:55	It means he is of average weight at three months of age.
04:01	He weighed 8.8 kgs at six months of age.
04:08	It is at the 85th <b>percentile</b> line.
04:13	It means Amit is of above average weight at 6 months of age.
04:21	It means 15% of children of his age weigh more than him.
04:28	85% of children of his age weigh less than him.

04:35	Next, let's learn more about the average weight of a child.
04:41	It is along the 50th <b>percentile</b> line in the weight-for-age growth chart.
04:49	The average birth weight of a girl is 3.2 kgs.
04:56	At 1 month, a girl's average weight is 4.2 kgs.
05:03	At 3 months, it is 5.8 kgs.
05:08	The average weight of a 6-month-old girl is 7.3 kgs.
05:16	At 1 year, it is 9 kgs.
05:21	At 2 years, it is 11.5 kgs.
05:27	The average birth weight of a boy is 3.3 kgs.
05:34	At 1 month, a boy's average weight is 4.4 kgs.
05:41	At 3 months, it is 6.4 kgs.
05:47	The average weight of a 6-month-old boy is 8 kgs.
05:54	At 1 year, it is 9.6 kgs.
06:00	At 2 years, it is 12.2 kgs.
06:06	Now, let's look at the average weight gain for a boy in this table.
06:13	This column shows the average weight gain per day for a boy.
06:19	This column shows the average weight gain per week for a boy.
06:27	In the first week, the weight gain is 28.5 grams per day.
06:35	Total weight gain in the first week is 200 grams.
06:42	In the 5th week, the weight gain is 42.8 grams per day.
06:50	Total weight gain in the 5th week is 300 grams.
06:56	In the 9th week, the weight gain is 28.5 grams per day.
07:04	Total weight gain in the 9th week is 200 grams.
07:10	When interpreting growth charts, be alert for situations that suggest risk.
07:18	A sharp decline in the growth line of a child indicates a growth problem.
07:26	Even if a child is overweight, he should not have a sharp decline in his growth.
07:34	Losing too much weight rapidly is not healthy for any child.
07:42	The overweight child should maintain his weight while increasing in length.
07:49	On the other hand, a rapid incline in the growth line is healthy sometimes.
07:57	This chart shows Arun's weight on the 50th <b>percentile</b> line till 6 months of age.
08:07	This was because of adequate and effective breastfeeding.
08:13	Then, his weight dropped to the 15th <b>percentile</b> line in the 7th month.
08:21	He did not get adequate complementary food after completing 6 months.
08:29	He was also ill and had diarrhea.
08:34	Then, in the 8th and 9th months, his weight started increasing.
08:41	In these months, he got adequate breastmilk and
08:46	complementary food.
08:49	Therefore, his growth chart shows an incline.
08:55	The average birth weight of an Indian child is 2.7 kgs.
09:03	So, an incline in their growth line is important in the first few months.
09:11	Correct breastfeeding techniques also cause a sharp incline in the charts.
09:18	This chart shows that Supriya's birth weight was on the 50th <b>percentile</b> line.
09:26	Then, in first month, her weight dropped to the 15th <b>percentile</b> line.

09:34	This happened because of ineffective breastfeeding.
09:40	Her mother was taught the correct breastfeeding technique for deep latching.
09:47	Within a month, Supriya's weight increased to the 50th <b>percentile</b> line.
09:55	However, a sharp incline is risky for babies who are fed animal milk or <b>formula</b> .
10:05	If they gain weight rapidly, then they can become overweight at 1 year of age.
10:13	Another growth problem for any child is a flat growth line or growth stagnation.
10:23	A flat growth line, also called stagnation, usually indicates a problem.
10:31	If a child's length or weight stays the same over time, she is not growing.
10:39	Even one month's stagnation in growth represents a possible problem.
10:46	The only exception is with an overweight child.
10:52	This child can maintain the same weight over time while the length increases.
11:00	This will bring the child to a healthier weight for his length.
11:06	Another problem is slow growth.
11:11	Here, Pooja's average weight gain is only 500 grams per month.
11:19	Her birth weight was average at the 50th <b>percentile</b> line.
11:25	However, here we can see that she became undernourished in just 3 months.
11:34	She needs effective breastfeeding to come back to the 50th <b>percentile</b> line.
11:42	Please follow the growth chart to evaluate a child's growth.
11:48	Take adequate measures if the growth falters due to any reason.
11:55	This brings us to the end of this tutorial.  Thank you for joining.