



# Self-Instructional Web-Based Learning Package

*for the WHO Growth Charts  
Adapted for Canada*



New infant and child growth charts, based on the WHO Growth Standards and WHO Growth References, have recently been recommended for use in Canada by leading health professional associations – Dietitians of Canada (DC), Canadian Paediatric Society (CPS), Community Health Nurses of Canada (CHNC) and the College of Family Physicians of Canada (CFPC). These new growth charts are consistent with best practices for monitoring infant and child growth and development in primary care and public health settings.

It's easy and convenient to enhance your knowledge and skills on how to use and interpret the new charts with a

**FREE 5-module self-instructional learning package**

*Available at: [www.dietitians.ca/growthcharttraining](http://www.dietitians.ca/growthcharttraining)*

This learning package has been developed by Dietitians of Canada, in collaboration with CPS, CHNC, CFPC, Canadian Obesity Network, National Aboriginal Health Organization and NutriSTEP®. Each of the 5 modules provides approximately 45-60 minutes of self-study. Accredited by The College of Family Physicians of Canada for up to 5 Mainpro-M1 credits.

Participants may claim Royal College of Physician and Surgeon of Canada Maintenance of Certification (MOC) credits under Section 2: Self-learning by either creating a personal learning project (2 credits per hour) or by scanning (0.5 credits per activity). Details of the framework and required documentation can be found at:

*[www.royalcollege.ca/shared/documents/moc\\_program/moc\\_insert\\_e.pdf](http://www.royalcollege.ca/shared/documents/moc_program/moc_insert_e.pdf)*



*It's easy and convenient to enhance your knowledge  
and skills on how to use and interpret the new WHO Growth Charts.*

MORE...

## Features of the Self-Instructional Five-Module Package

- Evidence-based practice guidance
- Peer-reviewed and pilot tested with clients across Canada
- Self-pacing automated PowerPoint video with voice-over instruction
- Case scenarios and reflective practice questions to facilitate application of module content to practice
- Self-scoring pop quizzes and pre/post-knowledge evaluation
- References and resources for further study
- A personal certificate of completion

## CONTENT OF THE 5 MODULES



### 1 Introduction to the WHO Growth Charts

- Describes the development of the WHO Growth Charts adapted for Canada, their strengths and limitations

### 2 Monitoring Growth: Measurements and Calculations

- Provides guidance on taking accurate measurements and the importance of doing so
- Demonstrates the use of appropriate equipment for taking accurate measurements
- Provides instruction on calculating BMI

### 3 Interpreting the WHO Growth Charts

- Guides the learner in choosing the appropriate growth charts to use
- Explains how to plot and interpret growth accurately for infants, children and adolescents

### 4 Childhood Obesity

- Identifies co-morbidities related to childhood overweight and obesity
- Defines overweight and obesity using the WHO cut-offs
- Outlines the factors that influence unhealthy weight gain in children
- Provides current recommendations on how to screen and identify children at risk for becoming overweight or obese

### 5 Counselling to Support Healthy Growth and Development

- Identifies strategies for initiating a conversation with parents/caregivers about weight/growth concerns of their child
- Promotes healthy eating practices and regular physical activity to support healthy growth and development
- Introduces motivational interviewing as a technique for supporting behaviour change

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The views expressed in the training package do not necessarily represent the views of PHAC.*