Underweight - At Risk Underweight (I/C)

- Underwt: Birth to <24mo; <2.3% wt-for-lght or 2-5yrs; <5th% BMI.
- At risk: Birth to <24mo; >2.3 ≤5% wt-for-lght. 2-5yrs; >5% ≤10% BMI

Poorest nutrition cause poor growth, more frequent illness, and affect organ & brain development

### Description

- **Underweight**: Birth to <24mo; <2.3% wt-for-lght or 2-5yrs; <5th% BMI.
- **At Risk Underweight** (I/C): Birth to <24mo; >2.3 ≤5% wt-for-lght. 2-5yrs; >5% ≤10% BMI

### Assess Readiness for Change:

- “How do you feel about Sam’s weight?”
- “How would you feel about Sam gaining more weight?”

### Discussion, Counseling and Education

#### If the answer is: 

- **Not Ready**
  - “His dad is thin, he takes after his dad.”
  - “Genetics does play a part. A thin child may also not be eating enough. We could check his weight next appointment just to be sure.”
  - “Tell me a little about what Sam eats?”

- **Try Counseling Strategies**
  - “Most children ≤2.3% are underweight. Though ≤10% is normal for some children, for others it may mean they are not eating enough.”
  - “Poor eating in children can cause more illnesses and slower growth.”
  - Share plotted growth (growth consistent over time?)
  - *Knowledge: see resource. Revision 11 transition to WHO based growth charts; no BMI <2yr old, growth channel differences when moving birth to 2yr charts

- **Try Education**
  - Assess milk fat content for age
  - Suggestions for feeding:
    - Set snack times
    - Limit juice before meals so hungry at meals
    - Add high calorie dense foods: cheese, eggs, PB
    - Avoid force feeding
  - Monitor wt at regular intervals (additional wt checks?)

#### Record Plan or Goal

- Participant viewed growth chart, but states child’s weight is normal. Will re-assess readiness for change at next appointment.

- **Record Plan or Goal**
  - Parent to try limiting juice between meals. Will check weight and re-assess next appointment.

- **Record Plan or Goal**
  - Discussed parents concerns. To try 1 veg at dinner. Mom wants to try whole milk to increase calories- began ENPR process.

#### Education Resources

- **Reference**: Picky Eating
- **Resource**: Using WHO Growth Charts To Assess Children Birth to 2yrs
- **Resource**: Chapter 1: Nutritional Needs of Infants