

cdc growth chart pdf

cdc growth chart pdf is an essential resource for healthcare professionals, parents, and caregivers aiming to monitor and assess the growth and development of children from infancy through adolescence. These charts, developed by the Centers for Disease Control and Prevention (CDC), offer standardized reference data that help track key growth indicators such as weight, height, head circumference, and body mass index (BMI). Accessing and understanding these growth charts in PDF format can significantly enhance pediatric health assessments, ensuring timely interventions and promoting healthy development.

Understanding CDC Growth Charts

What Are CDC Growth Charts?

CDC growth charts are statistical tools that depict the typical growth patterns of children based on large, nationally representative samples. They serve as benchmarks to compare an individual child's measurements against a reference population, aiding in identifying growth abnormalities—either undernutrition or overnutrition.

History and Development

The CDC growth charts were first introduced in 1977 and have undergone multiple updates to reflect current growth patterns and scientific understanding. The most recent major revision was published in 2000, providing more accurate and representative data for diverse populations across the United States.

Components of CDC Growth Charts

The CDC growth charts include several key indicators:

- Weight-for-age
- Height-for-age (or length-for-age for infants)
- Head circumference-for-age
- Body Mass Index (BMI)-for-age

Each chart is age-specific and gender-specific, allowing precise assessments tailored to the child's developmental stage.

Accessing CDC Growth Chart PDFs

Official Sources for Download

The CDC provides official, downloadable PDFs of their growth charts on their website. These PDFs are free and regularly updated to ensure accurate reference data.

- [CDC Growth Charts Official Page](#)
- National Center for Health Statistics (NCHS) publications

Types of PDFs Available

The available PDFs include:

- Standard CDC growth charts for boys and girls (0-20 years)
- Specialized charts such as BMI-for-age, head circumference-for-age, and weight-for-length/height
- Growth chart overlays for clinical use
- Growth chart interpretation guidelines

How to Download and Use PDFs Effectively

To download:

1. Visit the CDC growth charts webpage.
2. Select the specific chart you need based on age, gender, and measurement type.
3. Click on the PDF link to download the file to your device.

Once downloaded, these PDFs can be printed for clinical use or viewed digitally for quick reference.

How to Interpret CDC Growth Charts PDF

Understanding the Chart Layout

CDC growth charts typically feature:

- Vertical axis: the measurement value (e.g., weight, height, BMI)
- Horizontal axis: age in months or years
- Percentile curves: indicating the distribution of measurements within the reference population

Using Percentiles

Percentiles are key to interpreting growth data:

- **Below 5th percentile:** potential growth concerns, undernutrition, or health issues
- **5th to 85th percentile:** considered normal growth range
- **85th to 95th percentile:** overweight range
- **Above 95th percentile:** obesity concern

Clinical Significance of Growth Patterns

Tracking the child's measurements over time helps identify:

- Consistent growth within percentiles: healthy development
- Sudden shifts in percentiles: potential health issues requiring further assessment
- Plateaus or declines: possible nutritional or health concerns

Using CDC Growth Chart PDFs in Practice

Monitoring Infant Growth

For infants (0-24 months), growth charts focus on weight-for-length and head circumference, critical indicators of early health and development.

Tracking Childhood and Adolescence

For children aged 2-20 years, BMI-for-age charts are particularly important for assessing overweight and obesity risk.

Integrating Growth Charts into Routine Check-Ups

Healthcare providers should:

- Measure and record child's height, weight, and head circumference accurately.
- Plot these measurements on the appropriate CDC growth chart PDF.
- Compare with the percentile curves to assess growth trajectory.
- Discuss findings with parents or guardians, emphasizing healthy growth patterns.

Addressing Growth Concerns

If measurements fall outside normal percentiles:

- Consider further medical evaluation.
- Review nutritional and lifestyle factors.
- Implement necessary interventions or referrals.

Customizing Growth Chart PDFs for Different Populations

Specialized Charts

While CDC charts are based on U.S. populations, some pediatric practices may require tailored charts, such as:

- Charts for preterm infants
- Charts for children with specific health conditions
- Growth charts reflecting diverse ethnic backgrounds

Creating Personalized Charts

Though the CDC provides standard PDFs, healthcare providers can customize or overlay data using software tools, provided they adhere to CDC guidelines.

Benefits of Using CDC Growth Chart PDFs

- Standardized assessment across clinical settings
- Easy access to authoritative reference data
- Facilitates early detection of growth abnormalities
- Supports communication with parents about child's development
- Assists in research and public health monitoring

Conclusion: Leveraging CDC Growth Chart PDFs for Child Health

The availability of CDC growth chart PDFs simplifies the process of tracking and evaluating children's growth patterns. By utilizing these resources, healthcare professionals and caregivers can ensure that every child receives appropriate monitoring, early intervention when necessary, and guidance toward healthy development. Regular use of these standardized charts, combined with clinical judgment and parental involvement, forms a cornerstone of pediatric health care, promoting overall well-being and long-term health outcomes.

Remember: Always ensure you are using the most recent CDC growth chart PDFs and follow the latest guidelines for interpretation and clinical application.

Frequently Asked Questions

Where can I find the official CDC growth chart PDF for children?

You can download the official CDC growth chart PDF from the CDC's official website under the 'Growth Charts' section, available at https://www.cdc.gov/growthcharts/clinical_charts.htm.

Are the CDC growth chart PDFs suitable for all age groups?

No, CDC provides separate growth charts PDFs tailored for different age groups, such as infants, children, and adolescents. Make sure to select the appropriate chart for the specific age range.

How do I interpret the percentiles on the CDC growth chart PDF?

Percentiles indicate how a child's measurements compare to a reference population. For example, a height in the 75th percentile means the child is taller than 75% of peers of the same age and sex.

Can I print the CDC growth chart PDF for use in clinics?

Yes, the CDC growth chart PDFs are designed for printing and clinical use. Ensure you print at the correct scale to maintain accuracy when plotting measurements.

Is the CDC growth chart PDF updated regularly?

Yes, the CDC updates its growth charts periodically. The latest versions can be found on their official website to ensure up-to-date reference data.

What measurements are included in the CDC growth chart PDF?

The CDC growth charts typically include measurements such as weight-for-age, height-for-age, weight-for-height, and BMI-for-age, depending on the specific chart.

Can I customize the CDC growth chart PDF for my practice?

While the official PDFs are standardized, some clinics create customized growth tracking sheets. However, for official assessments, it's best to use the standard CDC charts.

Are there digital tools that integrate CDC growth charts instead of PDFs?

Yes, many electronic health record systems and mobile apps now incorporate CDC growth charts for easier data entry and interpretation, reducing the need for printed PDFs.

How do I ensure accurate plotting using the CDC growth chart

PDF?

Use precise measurements, double-check your data entry, and print the chart at 100% scale. Follow CDC guidelines for plotting to ensure accurate assessment of growth percentiles.

Additional Resources

CDC Growth Chart PDF: A Comprehensive Guide for Parents, Healthcare Professionals, and Educators

Introduction

CDC growth chart PDF has become an essential resource for monitoring the physical development of children across the United States. These charts, developed by the Centers for Disease Control and Prevention (CDC), serve as standardized tools to assess whether a child's growth falls within a healthy range relative to their peers. Whether you're a parent tracking your child's progress, a healthcare provider making critical clinical decisions, or an educator involved in child health initiatives, understanding how to access, interpret, and utilize CDC growth chart PDFs is invaluable. This article offers a detailed overview of these charts, their scientific foundation, practical applications, and how to make the most of this resource in various settings.

The Origins and Purpose of CDC Growth Charts

Historical Context and Development

Before delving into the specifics of CDC growth chart PDFs, it's important to understand their origins. The CDC growth charts were first introduced in 1977, based on data collected from national surveys of children and adolescents. Over the years, these charts were regularly updated to reflect contemporary growth patterns, culminating in the latest versions released in 2000, which are widely used today.

The primary purpose of these growth charts is to provide a visual and statistical means of assessing a child's growth trajectory. They help identify potential health issues such as undernutrition, overnutrition, or growth delays early enough for intervention.

Why Are Growth Charts Important?

Growth charts serve as a benchmark for normal development, allowing healthcare professionals and caregivers to:

- Detect growth problems early
- Monitor the impact of nutritional or health interventions
- Educate families about healthy growth patterns
- Make informed decisions regarding medical or nutritional needs

Accessing CDC Growth Chart PDFs: Where and How

Official Sources for Download

The CDC provides free downloadable PDFs of their growth charts on their official website. These resources are designed to be user-friendly and accessible for various audiences. The primary sources include:

- CDC's Growth Charts webpage (<https://www.cdc.gov/growthcharts/>)
- The CDC's "Growth Chart PDFs" section, which hosts charts for different age groups and parameters

Types of Available PDFs

The CDC offers a diverse range of growth chart PDFs, including:

- Infant and Toddler Charts (0-36 months): Covering weight-for-age, recumbent length-for-age, head circumference-for-age, and weight-for-length
- Children and Adolescents Charts (2-20 years): Including stature-for-age, BMI-for-age, and weight-for-stature

Each chart is designed with specific parameters and percentiles, facilitating tailored assessments.

How to Download and Use the PDFs

1. Visit the CDC Growth Charts webpage.
2. Select the appropriate chart based on age, sex, and measurement type.
3. Click on the PDF link to download or view directly.
4. Print the chart if needed, or use digitally for record-keeping and assessment.

These PDFs are typically formatted for standard printing sizes (e.g., letter or A4), making them practical for clinical offices, schools, or home use.

Structure and Content of CDC Growth Chart PDFs

Design Elements

CDC growth chart PDFs are carefully designed to be both scientifically accurate and user-friendly. Key features include:

- Percentile Curves: Displaying key percentiles (e.g., 5th, 50th, 95th) to compare individual measurements.
- Age Axis: Horizontal axis representing age in months or years.
- Measurement Axis: Vertical axis representing the specific parameter (e.g., weight, height, BMI).
- Color Coding: Different curves for boys and girls, often color-coded for clarity.
- Reference Data: Based on nationally representative samples, ensuring relevance across diverse populations.

Interpreting the Charts

To interpret a CDC growth chart PDF effectively:

- Locate the child's measurement on the vertical axis.
- Find the corresponding age on the horizontal axis.
- Plot the child's data point on the chart.
- Determine the percentile or z-score position relative to the reference population.
- Assess whether the child's growth pattern is within healthy ranges or warrants further investigation.

Practical Applications of CDC Growth Chart PDFs

For Healthcare Professionals

- Routine Check-Ups: Incorporate growth chart assessments during annual health visits.
- Diagnosing Growth Disorders: Identify deviations from typical growth patterns, such as stunting or obesity.
- Monitoring Treatment Outcomes: Track changes over time following nutritional or medical interventions.
- Data Documentation: Use PDFs for record-keeping, printing, or digital archiving.

For Parents and Caregivers

- Home Monitoring: Use printable PDFs to monitor your child's growth between medical visits.
- Educational Tool: Understand what healthy growth looks like and discuss concerns with healthcare providers.
- Early Detection: Spot potential issues early and seek professional advice promptly.

For Educators and Community Health Workers

- School Health Programs: Use growth charts to screen children and identify those needing further assessment.
- Public Health Initiatives: Track community health trends related to childhood nutrition and growth.

Limitations and Considerations When Using CDC Growth Chart PDFs

While CDC growth charts are invaluable tools, users should be aware of their limitations:

- Population Specificity: The charts are based on U.S. data; applicability may vary for children from different ethnic or geographic backgrounds.
- Growth Variability: Children grow at different rates; charts provide general benchmarks but are not definitive diagnostics.
- Measurement Accuracy: Proper measurement techniques are essential for reliable assessments.
- Contextual Factors: Growth patterns can be influenced by health conditions, socioeconomic factors, and genetics.

Best Practices:

- Always interpret growth data within the broader context of health and development.
- Consult healthcare professionals for comprehensive assessments.
- Use PDFs in conjunction with other clinical information.

Enhancing the Utility of CDC Growth Chart PDFs

Digital Integration and Technology

- Many healthcare providers now incorporate digital tools that allow for electronic plotting of growth data, reducing errors and streamlining record-keeping.
- Some applications enable direct input of measurements to generate percentile rankings without manual plotting.

Customization and Adaptation

- While the standard CDC PDFs are comprehensive, some clinics develop customized charts tailored to specific populations or needs.
- Combining CDC charts with other growth assessment tools can provide a holistic view of child health.

Future Developments and Ongoing Research

The CDC continues to update growth assessment tools, integrating new research and technological advancements. Future iterations may include:

- Incorporation of more diverse population data
- Enhanced digital formats for easier integration with electronic health records
- Development of interactive tools complementing static PDFs

Stay informed by regularly visiting the CDC's official website for updates on available resources.

Conclusion

The **CDC growth chart PDF** remains a cornerstone of pediatric health assessment, combining scientific rigor with practical accessibility. Whether printed for clinical use or downloaded for personal monitoring, these charts empower caregivers, health professionals, and educators to promote healthy growth and early detection of potential health issues. As with any diagnostic tool, their effectiveness depends on proper interpretation, contextual understanding, and professional guidance. By leveraging these resources effectively, stakeholders can contribute significantly to fostering healthier developmental trajectories for children across the nation.

References and Resources

- CDC Growth Charts Official Page: <https://www.cdc.gov/growthcharts/>
- Downloadable PDFs for different age groups and parameters
- User guides and interpretation tips provided by CDC

Author's Note:

This guide aims to serve as a comprehensive resource on CDC growth chart PDFs, emphasizing their importance, application, and best practices. For personalized health assessments, always consult qualified healthcare professionals.

[Cdc Growth Chart Pdf](#)

cdc growth chart pdf: Adapted Physical Activity Across the Life Span Carol Leitschuh, Marquell Johnson, 2024 An interdisciplinary approach to delivering quality adapted physical activity for all ages. Addresses how the work of educators and clinical professionals intersects in facilitating physical activity for fun, health, and well-being. Follows IDEA and USDHHS guidelines. Instructor ancillaries.

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cdc growth chart pdf: Advanced Pediatric Assessment Set, Third Edition Ellen M. Chiocca, 2019-09-15 Everything you'll need to learn advanced pediatric assessment in one handy and affordable set! This set delivers the specialized knowledge and skills for pediatric health and illness assessment alongside corresponding critical thinking exercises, case studies, and certification-style exam questions. Comprehensive and detailed, it emphasizes the unique anatomic and physiologic differences among infants, children, and adults. The textbook, now in FOUR-COLOR, newly addresses toxic stress and trauma-informed care and child witnesses to violent acts. Additionally, the book provides several new features facilitating quick access to key information along with NEW instructor and student resources. The study guide delivers a completely new chapter that covers clinical decision-making, formulating differential diagnoses, and evidence-based practice and also provides SOAP notes for the well and abnormal exams. New to the Third Edition: All new FOUR-COLOR presentation in the textbook NEW instructor resources (Power Points, Test Bank, Image Bank) Updated clinical practice guidelines Clinical decision making, formulating differential diagnoses, and evidence-based practice Immigrant and refugee health Toxic stress and trauma-informed care Family, developmental, nutritional, and child mistreatment assessment Key Features: Includes clinical practice guidelines for common medical conditions Incorporates up-to-date screening and health promotion guidelines Provides exam-style essential practice items for the exam Includes Anatomic Labeling Exercises to reinforce required knowledge Delivers essential terminology Offers sample documentation and space for students to practice their own documentation skills.

cdc growth chart pdf: School Nursing Janice Selekman, Robin Adair Shannon, Catherine F

Yonkaitis, 2019-07-01 Produced in cooperation with the National Association of School Nurses, this text includes comprehensive coverage of the multiple facets of school nursing—from the foundations of practice and the roles and functions of a school nurse through episodic and chronic illness and behavioral issues, to legal issues and leading and managing within school settings. Written and edited by school nurses and pediatric experts, it features real-world-tested, best practices based on evidence and experience. There's content here that you won't find in other books, such as health assessments, individualized health plan development, mental health conditions including adolescent depression, contemporary legal issues, and current policy statements essential to school nursing.

cdc growth chart pdf: Pediatric Swallowing and Feeding Joan C. Arvedson, Linda Brodsky, Maureen A. Lefton-Greif, 2019-07-26 Pediatric Swallowing and Feeding: Assessment and Management, Third Edition provides information to practitioners interested in and involved with children who demonstrate swallowing and feeding disorders. Since the 2002 publication of the second edition, there has been an exponential increase in the number of medically fragile and complex children with swallowing/feeding disorders. A corresponding proliferation in the related basic and clinical research has resulted in the increased appreciation of the complicated inter-relationships between structures and systems that contribute to swallowing/feeding development, function, and disorders. Case studies throughout the book provide examples for decision making and highlight salient points. New to the Third Edition: * Maureen A. Lefton-Greif, PhD, CCC-SLP, BCS-S, is welcomed as co-editor. She brings extensive research expertise and clinical practice in pediatric dysphagia and feeding. * All chapters contain significant updated evidence-based research and clinical information. * New chapters focus on the genetic testing and conditions associated with swallowing and feeding disorders, and the pulmonary manifestations and management of aspiration. * World Health Organization (WHO) description of an International Classification of Functioning, Disability, and Health (ICF) sets the stage for an in-depth discussion of clinical feeding evaluation procedures, interpretation, and management decision making. Pediatric Swallowing and Feeding continues to be the leading text on pediatric dysphagia that provides practical information for clinicians seeing children with swallowing and feeding disorders. The overall importance of an appropriate fund of knowledge and shared experience employing team approaches is emphasized throughout this third edition as in the earlier editions of this book. From the Foreword: The Editors have recognized the advances and changes in the understanding in the information now available for the care of pediatric swallowing and feeding challenges. They have recruited an outstanding group of contributors for this newest edition. There are numerous critically important updates and additions in the third edition. They have included World Health Organizations International Classification of Functioning, Disability and Health is the functional basis in all areas of the book. This text has its importance as there has been an increased number of children with complex medical and healthcare conditions which are risk for feeding and swallowing disorders. This edition stresses the need for team approaches and also documents the use of "virtual" teams ...Pediatric Swallowing and Feeding: Assessment and Management, Third Edition is the fundamental holistic source for all healthcare providers providing the care for swallowing and feeding in children. This book will be utilized by all caring for children with feeding and swallowing problems throughout the world. The previous editions have been and now this updated third edition continues to be the standard source for the information concerning diagnosis and care of these children. —Robert J. Ruben, MD, FAAP, FACS Distinguished University Professor Departments of Otorhinolaryngology - Head and Neck Surgery and Pediatrics Albert Einstein College of Medicine Montefiore Medical Center Bronx, New York

cdc growth chart pdf: Medical Nutrition and Disease Lisa Hark, Darwin Deen, Gail Morrison, 2014-08-12 Medical Nutrition and Disease: A Case-Based Approach is an ideal way for medical students, physician assistant students, dietetic students, dietetic interns, and medical residents to advance their nutrition knowledge and skills. Dietitians in clinical practice and dietetic educators will also benefit from the updated nutrition concepts and case-based approach. The 5th edition of this best-selling text has been fully updated and includes 13 chapters and 29 cases, with 6

brand new cases. Medical Nutrition and Disease: • Features learning objectives and current references in every chapter and case • Teaches you how to diagnose and manage nutritional problems, integrate nutrition into clinical practice, and answer your patients' most common questions • Includes nutritional advice for children, teenagers, pregnant women, and older adults • Includes contributions from nationally recognized nutritionists and physicians who teach nutrition in medical schools, and undergraduate and dietetic programs

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cdc growth chart pdf: Clinical Guidelines for Advanced Practice Nursing Karen G. Duderstadt, Rebekah Kaplan, 2016-03-17 Clinical Guidelines for Advanced Practice Nursing: An Interdisciplinary Approach, Third Edition is an accessible and practical reference designed to help nurses and students with daily clinical decision making. Written in collaboration with certified nurse midwives, clinical nurse specialists, nurse practitioners, nutritionists, pharmacists, and physicians, it fosters a team approach to health care. Divided into four areas—Pediatrics, Gynecology, Obstetrics, and, Adult General Medicine—and following a lifespan approach, it utilizes the S-O-A-P (Subjective-Objective-Assessment-Plan) format. Additionally, the authors explore complex chronic disease management, health promotion across the lifespan, and professional and legal issues such as reimbursement, billing, and the legal scope of practice. The Third Edition has a keen focus on gerontology to accommodate the AGNP specialty and to better assist the student or clinician in caring for the aging population. The authors follow the across the life span approach and focus on common complete disorders. Certain chapters have been revised and new chapters have been added which include: Health Maintenance for Older Adults; Frailty; Common Gerontology Syndromes; Cancer Survivorship; Lipid Disorders; Acne (pediatrics section). Please note that the 2016 CDC Guidelines for prescribing opioids for chronic pain in the United States were not yet available at the time the authors were updating the Third Edition. See the Instructor Resources tab to read a note from the authors about their recommendations for resources around these guidelines.

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increased relevance today, with a focus on health promotion and wellness.

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cdc growth chart pdf: Guided Participation in Pediatric Nursing Practice Karen Pridham, Rana Limbo, Michele Schroeder, 2018-05-28 The first book about Guided Participation written for nurses This authoritative publication delivers an in-depth examination of Guided Participation (GP), a dynamic process of teaching and learning that parents and guardians have used for generations to help their charges become self-reliant. GP is helping another person become competent by providing expertise working alongside the learner. For the nurse specifically, this means educating and working alongside parents and children within an environment that supports health. Consistent with client- and family-centered practice, this fresh approach to nurse/client teaching is drawn a broad span of disciplines, including education, social and cultural anthropology, relationship-based attachment-caregiving theory, and developmental science. Written for students and practitioners who wish to incorporate GP into their practice, and for managers, administrators, and policy makers who support its implementation, this resource demonstrates the value of GP as a new and emerging health care model that integrates care across health care settings. The text describes, step-by-step, how to practice GP discusses support systems to maintain GP past the initial treatment. With abundant case studies, examples and research findings, chapters analyze how GP can promote health, prevent acute and chronic illness, and adjust old patterns of living and behaviors. Key Features: Includes video clips that illustrate how guided participation is applied in a variety of clinical practice settings Provides access to self-directed online instruction Links to online journal, case studies, additional chapters, and references Features downloadable parent checklists and teaching guides Discusses effective application of Guided Participation to all aspects of pediatric nursing care in a variety of practice settings Includes numerous case studies and examples with specific components identified to help readers learn theory and related concepts Learn to apply guided participation by joining the case-based online course offered at University of Wisconsin-Madison!

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cdc growth chart pdf: *Health Psychology* Deborah Fish Ragin, 2017-10-25 This textbook takes a truly interdisciplinary approach to studying health psychology. It examines five systems that affect individual health outcomes: individual, family/community, social/physical environment, healthcare systems, and health policy. While grounded in psychology, it incorporates perspectives from anthropology, biology, economics, environmental studies, medicine, public health, and sociology. The social ecological perspective on health psychology creates a depth of understanding of the diverse facets of health. This text also examines health from a global perspective by exploring the impact of infectious and chronic illnesses locally, regionally and globally. This new edition includes updated statistics and references throughout, a new chapter on psychoneuroimmunology, and significant changes and updates to the chapters on health care systems and risky health behaviors. It will be of particular interest to undergraduate students. For additional resources, consult <http://routledge.com/9781138201309>, where instructors will find downloadable lecture slides, instructor manual, and testbank.

cdc growth chart pdf: *Practical Endocrinology and Diabetes in Children* Malcolm D. C. Donaldson, John W. Gregory, Guy Van-Vliet, Joseph I. Wolfsdorf, 2019-02-07 The revised and updated fourth edition of *Practical Endocrinology and Diabetes in Children* offers a practical, highly clinical and up-to-date handbook of paediatric endocrinology and diabetes. The book is written in clear terms and offers a user-friendly format that is designed to be concise, yet comprehensive.. The international panel of expert contributors explore the range of endocrine disorders in children including growth, thyroid, adrenal and problems related to puberty.

cdc growth chart pdf: *Assessing Prevalence and Trends in Obesity* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on Evaluating Approaches to Assessing Prevalence and Trends in Obesity, 2016-09-30 Obesity has come to the forefront of the American public health agenda. The increased attention has led to a growing interest in quantifying obesity prevalence and determining how the prevalence has changed over time. Estimates of obesity prevalence and trends are fundamental to understanding and describing the scope of issue. Policy makers, program planners, and other stakeholders at the national, state, and local levels are among those who search for estimates relevant to their population(s) of interest to inform their decision-making. The differences in the collection, analysis, and interpretation of data have given rise to a body of evidence that is inconsistent and has created barriers to interpreting and applying published reports. As such, there is a need to provide guidance to those who seek to better understand and use estimates of obesity prevalence and trends. *Assessing Prevalence and Trends in Obesity* examines the approaches to data collection, analysis, and interpretation that have been used in recent reports on obesity prevalence and trends at the national, state, and local level, particularly among U.S. children, adolescents, and young adults. This report offers a framework for assessing studies on trends in obesity, principally among children and young adults, for policy making and program planning purposes, and recommends ways decision

makers and others can move forward in assessing and interpreting reports on obesity trends.

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