

# GROWTH ASSESSMENT RESOURCES

## WIC-Santa Cruz County:

<https://communitybridges.org/wic/>

Appointment phone numbers:

Watsonville: 831-722-7121

Santa Cruz: 831-426-3911

Felton: 831-426-3911

[App](#)

Authorized Food List Shopping Guide Revised 4/2/2019 (PDF) [English](#) | [Spanish](#)

## Online Tutorials:

Centers for Disease Control and Prevention (CDC) Growth Chart Training

<https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/overview/index.html>

CDC: Using the WHO Growth Charts to Assess Growth in the United States

<https://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm>

## Online Resources:

AAP Institute for Healthy Childhood Weight

<https://ihcw.aap.org/Pages/default.aspx>

CHDP Provider Support and Educational Materials

<https://mcweb.apps.prd.cammi.medi-cal.ca.gov/references/pe/epsdt>

Expert Committee Recommendations on the Assessment, Prevention and Treatment of Childhood Overweight and Obesity

[http://pediatrics.aappublications.org/content/120/Supplement\\_4/S164.full](http://pediatrics.aappublications.org/content/120/Supplement_4/S164.full)

## Pediatric Growth Charts:

WHO Growth Charts (Birth to 24 Months)

[https://www.cdc.gov/growthcharts/who\\_charts.htm](https://www.cdc.gov/growthcharts/who_charts.htm)

CDC Growth Charts (Ages 2 to 20)

[https://www.cdc.gov/growthcharts/clinical\\_charts.htm](https://www.cdc.gov/growthcharts/clinical_charts.htm)

## Online BMI Calculator:

CDC Body Mass Index > Child and Teen BMI Calculator

<https://www.cdc.gov/healthyweight/bmi/calculator.html>



Website links were selected and reviewed by the statewide CHDP Nutrition Subcommittee.

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California Department of Health Care Services

Child Health and Disability Prevention Program

BMI-Resources (07/15)

