Schneider, K. & Herforth, A. "Software tools for practical application of human nutrient requirements in food-based social science research."

Supplement 2
WHO Growth Reference Percentiles and calculations of DRI EER (energy) and protein EAR requirements for WHO reference heights and weights

Contact: kate.schneider@tufts.edu

Notes:
Supplement 2 contains all the WHO child growth references for 0-60 months and the growth references for school aged children and adolescents for aged 5-19. It calculates reference weights and heights, protein, and energy requirements using the WHO growth charts as the reference anthropometry parameters for the Dietary Reference Intakes age and sex groups contained in Supplement 1.

Supplement 2 contains 13 datasets and this notes document.

File Name	Indicator	Units
2_WHOGrowthCharts_Notes		
2_WHOGrowthCharts_WeightsHeightsbyDRIGroup	Median weights and heights for the age-gender groups used in the DRIs (IOM 2006), this sheet also compares the WHO references to those in the DRIs (contained in Supplement 1)*	kg (weight), cm (height)
2_WHOGrowthCharts_EnergyEER	Energy requirements - EER equation from the DRIs with WHO reference heights and weights	kcal
2_WHOGrowthCharts_ProteinEAR	Protein requirements - EAR from the DRIs using WHO reference heights and weights	grams
2_WHOGrowthCharts_MedianWeightHeightMonth0-19	Median weights by monthly age birth through 19 years	kg/month
2_WHOGrowthCharts_MedianWeightHeightYear5-19	Median weights per year 5-19 years	kg/year
2_WHOGrowthCharts_WFA0-5Boys	Weight-for-Age Percentiles, 0-5, Boys	kg/month
2_WHOGrowthCharts_LHFA0-5Boys	Length/Height-for-Age Percentiles, 0-5 Boys	cm/month
2_WHOGrowthCharts_BMI5-19Boys	BMI-for-Age, 5-19, Boys	kg/m2/month
2_WHOGrowthCharts_HFA5-19Boys	Height-for-Age, 5-19, Boys	cm/month
2_WHOGrowthCharts_WFA0-5Girls	Weight-for-Age Percentiles, 0-5, Girls	kg/month

2_WHOGrowthCharts_LHFA0-5Girls	Length/Height-for-Age Percentiles, 0-5, Girls	cm/month
2_WHOGrowthCharts_BMI5-19Girls	BMI-for-Age, 5-19, Girls	kg/m2/month
2_WHOGrowthCharts_HFA5-19Girls	Height-for-Age, 5-19, Girls	cm/month

[The Dietary Reference Intakes from the Institutes of Medicine are provided in Supplement 1]
* Note: the pregnancy reference weight is taken from the CDC (used in the DRIs) guidance on weight gain during pregnancy as the third trimester midpoint recommended weight gain

Sources:

WHO Multicentre Growth Reference Study Group. 2006. World Health Organization child growth standards: Methods and development. Geneva: World Health Organization.

de Onis, M., A.W. Onyango, E. Borghi, A. Siyam, C. Nishida, and J. Siekmann. 2007. "Development of a WHO growth reference for school-aged children and adolescents." Bulletin of the World Health Organization 85(09):660–667.

Growth charts taken directly from:

The WHO Child Growth Standards 0-5

Growth reference data for 5-19 years