

Metric Equivalents for Average Weight Gain

Infants from birth to 6 months of age (*Need 2 weights taken at least 1 month apart.*)

<u>Age</u>	<u>Average Weight Gain (Metric equivalents)</u>		
Birth - 1 mo	18 gm/day	126 gm/wk	0.54 kg/mo
1-2 mos	25 gm/day	175 gm/wk	0.75 kg/mo
2-3 mos	18 gm/day	126 gm/wk	0.54 kg/mo
3-4 mos	16 gm/day	112 gm/wk	0.48 kg/mo
4-5 mos	14 gm/day	98 gm/wk	0.42 kg/mo
5-6 mos	12 gm/day	84 gm/wk	0.36 kg/mo

Infants & Children from 6 months to 59 months of age (*Need 2 weights taken at least 3 months part.*)

<u>Age</u>	<u>Average Weight Gain (Metric equivalents)</u>			
6 - 12 mos	9 gm/day	63 gm/wk	0.27 kg/mo	1.62 kg/6 mos
12 - 59 mos	2 1/2 gm/day	17 1/2 gm/wk	0.08kg/mo	0.45 kg/6 mos

Examples Using Calculated Expected Minimal Weight

General steps:

1. Determine if time interval between measures is sufficient.
2. Calculate actual weight gain.
3. Calculate expected minimal weight gain using the chart in the definition. (*Note: Due to a variety of reasons, including rounding, different approaches to calculating the expected minimal weight gain may result in slightly different answers.*)
4. Compare the actual weight gain with the calculated expected weight gain to see if person is eligible for WIC using this criterion.

Example #1	<u>Date of Measures</u>	<u>Weight</u>
	09/13/98 (birth)	7 pounds 6 oz
	9/23/98 (10 days old)	8 pounds 1 oz
	10/26/98 (6 weeks & 1 day old)	9 pounds 3 oz

1. interval between birth & 10/26/98 measures = 43 days
2. actual wt gain = 1 pound 13 oz
3. expected minimal weight gain is: (540 gm) + (13 days x 25 gm/day) = 865 gms = 30 oz = 1 pound 15 oz
4. actual weight gain from birth is less than expected minimal weight gain ° eligible for WIC using this criterion

Example #2	<u>Date of Measures</u>	<u>Weight</u>
	2/27/00 (17 1/2 months old)	25 pounds
	9/13/00 (24 months old)	26 1/2 pounds

1. interval between two measures is 6 1/2 months
2. actual weight gain = 1 1/2 pound
3. expected minimal weight gain is: (1 pound per 6 months) + (0.5 mo x 2.7 oz/mo) = 1 pound 1.35 oz
4. actual weight gain is MORE than expected weight gain ° NOT eligible for WIC using this criterion.

**Steps to calculate a low rate of weight gain
when the 2 weight measurements are
NOT within a 5 1/2 - 6 1/2 month interval**

1. Use the two bullets below to determine if the two measurements were taken within an acceptable time interval for this risk to apply. If they do, proceed to step #2. If they do not, Option II CANNOT be used to determine eligibility for WIC.
 - C For Children >5 months through 17 months of age, the 2 measurements must be taken within a 5-7 month range (*remember, for measurements taken within a 5 1/2 - 6 1/2 month interval, you do not need to proceed with steps 2-5, just use the chart to determine the applicability of the risk*).
 - C For Children 18 months to <60 months of age, the 2 measurements must be taken within a 4-9 month interval (*remember, for measurements taken within a 5 1/2 - 6 1/2 month interval, you do not need to proceed with the steps 2-5, just use the chart to determine the applicability of the risk*).
2. Plot both weights on an age and sex specific NCHS growth grid.
3. From the chart, choose the **age** from column 1 that most closely matches the child's age when the second weight was taken and choose the **weight gain** from column 2 that corresponds with this age.
4. Add this weight gain figure to the first of the two weights and plot the sum of the weights on the growth grid at a point exactly 6 months from the date of the first weight.
5. Connect the point for the first weight with the point for the sum of the weights with a straight line (*extend the line if there is a seven month interval between the two weights*). If the point for the second weight is on or below the line then the child's growth is inadequate.