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Department of Health Care Services



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CHDP Provider Information Notice No.: 14-01

TO: ALL CHILD HEALTH AND DISABILITY PREVENTION (CHDP)
PROGRAM DIRECTORS, DEPUTY DIRECTORS, MEDICAL
CONSULTANTS, AND STATE SYSTEMS OF CARE DIVISION (SCD)
STAFF

SUBJECT: UPDATED CHILD HEALTH AND DISABILITY PREVENTION (CHDP)
PROGRAM PROVIDER OFFICE TRAINING, "USING BODY MASS
INDEX-FOR-AGE GROWTH CHARTS FOR THE CHDP PROGRAM
WELL-CHILD EXAM"

The purpose of this CHDP Provider Information Notice is to inform providers that an updated CHDP Program training module, "Using Body Mass Index (BMI)-for-Age Growth Charts for the CHDP Well-Child Exam" is now available on the CHDP Program's training website at:

<http://www.dhcs.ca.gov/services/chdp/Pages/BMITraining.aspx>.

This training module, developed by the CHDP Program Statewide Nutrition Subcommittee, updates the prior CHDP Program's Body Mass Index (BMI)-for-Age training posted in 2011. The training module and materials are organized as a ready-to-use training package for local CHDP Program personnel to instruct providers and their staff on the use and interpretation of the Centers for Disease Control and Prevention (CDC) BMI Growth Charts for children and adolescents from ages two to 20. This updated module provides several techniques for clinic staff to obtain BMI values, BMI percentiles, and provides updated instructions for completing the PM 160.

The goal of this training is to assist CHDP Program providers during the CHDP Program exam to assess child growth for the early identification of childhood overweight and obesity. Early identification of overweight or obesity will allow the provider to develop behavioral and weight goals that promote decreased BMI velocity and arrange for follow-up and/or referrals as needed.

The training module can easily be customized to meet the needs of the audience. The training, which includes practice sessions using three case examples, is designed to be completed in 60 minutes. Instructions for a condensed 30-minute presentation are also provided.

The following materials may be viewed and downloaded free of charge from the CHDP Program website:

- **PowerPoint Presentation** including talking points and tips for presenting the material
- **User Guide** with detailed suggestions for customizing the presentation, printing and assembling the training packets
- **Practice Session Tools** including a growth chart plotting tool, practice growth charts and practice PM 160s
- **Clinical Tools/Resources** including the plotting tool, growth charts, a list of growth assessment resources and a list of references
- **Training Documents** with customizable forms including folder labels, attendance sheets and an evaluation form

CHDP Program nutritionists and public health nurses pilot-tested this revised training module with CHDP Program staff and providers in several counties. Evaluations indicate that following the training, participants felt confident in their ability to use BMI-for-age growth charts and would recommend the training to other health care providers.

This training module complements other provider training modules and resource materials for nutrition and growth assessment, anticipatory guidance, and referral procedures available on the CHDP Program's Training web page:

- Using the World Health Organization (WHO) Growth Charts to Assess Children from Birth to 2 Years
- Accurate Weighing and Measuring for the CHDP Well-Child Exam
- Counseling the Overweight Child
- Glucose and Cholesterol Training for Pediatric Obesity

If you have questions about this or other nutrition and growth assessment training tools, please contact Donna Vaughan MS, RD, IBCLC at (916) 323-8064 or via e-mail at donna.vaughan@dhcs.ca.gov.

Sincerely,

ORIGINAL SIGNED BY ROBERT J. DIMAND, MD

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