



State of California—Health and Human Services Agency  
Department of Health Care Services



EDMUND G. BROWN JR.  
GOVERNOR

January 31, 2014

CHDP Program Letter: 14-01

TO: ALL COUNTY CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, MEDICAL CONSULTANTS, PUBLIC HEALTH NURSES, 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 WELL-CHILD EXAM"

Enclosed is Provider Information Notice No.: 14-01 regarding the newly revised training module, "Using Body Mass Index-For-Age Growth Charts for the CHDP Program's Well-Child Exam". This updated training module was developed by the CHDP Program's Statewide Nutrition Subcommittee and replaces the version by the same name that was posted in 2011. The training includes a powerpoint presentation complete with script, practice session tools, training documents, user guide and resources.

The updated module provides information on choosing the appropriate growth chart, provides several techniques to obtain BMI values and BMI percentiles, and updated instructions for completing the PM 160 form. The training can be customized to meet the needs of the audience. The training, which includes a practice session using three case examples, was designed to be completed in 60 minutes. Instructions for a 30 minute presentation are also provided when time is limited.

In September 2010, the Centers for Disease Control and Prevention (CDC), the National Institutes of Health, and the American Academy of Pediatrics recommended that health care providers use WHO growth charts for assessment of growth of infants from birth to two years and the CDC growth charts published in 2000 continue to be used for youth, ages two to twenty.

This training module is for use with the CDC growth charts for ages two to twenty. For information regarding the use of the WHO Growth Charts please refer to PIN 12-08. A

January 31, 2014

training module for using the WHO Growth Charts is available on the CHDP website at the following location: <http://www.dhcs.ca.gov/services/chdp/Pages/WHOTrain.aspx>

Please distribute this Program Letter and attachments without any revisions to providers in your county. Complete and retain the "Report of Distribution", DHCS form 4504 which is located at: [DHCS 4504 - Report of Distribution](#)

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

Sincerely,

**ORIGINAL SIGNED BY ROBERT J. DIMAND, MD**

Robert J. Dimand, MD  
Chief Medical Officer  
Systems of Care Division