

## IBFAN Asia Pacific endorse WHO Child Growth Standards

World Health Organization released the new international **Child Growth Standards** for infants : a guidelines on measuring the growth rates of babies. It provides an effective tool for detecting undernutrition, over weight and obesity in children globally and addressing the double burden of malnutrition that is increasingly affecting populations. These Growth Standards are based on a careful long-term study of infants and children from Africa, Asia, Europe, Latin America and North America. India is one of the six participating countries and helped immensely in deciding this new growth chart by 1,800 children out of 8,000 were from India. Every child was measured 21 times to finally reach a perfect standard chart.

**IBFAN Asia Pacific and BPNI welcomes this historic step for promotion of optimal breastfeeding practices.**

The new standard establishes **breastfeeding as the biological 'norm'** and the **breastfed infant as the standard for measuring healthy growth**. The new Growth Standards provide further support instrument to the implementation of optimal infant and young child feeding practices as recommended in *Global Strategy for infant and young child feeding* : exclusive breastfeeding for the first six months with the introduction of adequate complementary foods after six months while continuing breastfeeding to two years and beyond.

We hope countries can quickly adopt these standards. For more information please click: <http://www.who.int/childgrowth/en/>

IBFAN Asia Pacific will continue to promote use of the new Growth Standards its programmes.



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