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SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietitians
**GRANADA
SPAIN**
2016
7, 8, 9 and 10 September

General information

- **Symposiums** can take up to two hours and will offer a strong scientific focus and approach. They
- **Workshops** can take up to two hours and will have a practical, professional and hands on structure. Will be held simultaneously to other workshops. Registration will be needed. Limited places 70-120 attendees.
- **Breakfasts** can take up to one hour and will have an informal set up where all Associations' members - both directors and associates - can discuss a specific scientific or professional subject in an enjoyable and colloquial environment.

Food industry and/or a pharmaceutical company can sponsor the Symposium /Workshop/ Breakfast. Sponsor 's details will be provided as part of the proposal.

SYMPOSIUM/WORKSHOP Title/Theme:

Please insert the title/theme of your symposium. Titles will be used in all pre-Congress promotion. Titles must accurately describe the content of your session and be no more than 10-12 words long.

Implementing WHO Growth Charts in Canada – an inter-professional collaboration led by dietitians

SYMPOSIUM/WORKSHOPS Facilitators: Names and main filiation

SYMPOSIUM/WORKSHOPS Presenters: Names and main filiation

Dr. Tanis Fenton - Adjunct Associate Professor, Cumming School of Medicine, University of Calgary

Janice Macdonald – Director, Communications, Dietitians of Canada

SYMPOSIUM/WORKSHOPS History:

Has the symposium/workshop been held previously? If yes, please describe previous symposium details and rationale for repeating session.

No

SYMPOSIUM/WORKSHOPS Overview:

Insert a short **overview** of your symposium/workshop proposal. If accepted, this information will be used in publications to promote your session. Overview should not exceed 100 words.

In an effort to standardize optimal monitoring of infant and child growth in Canada, Dietitians of Canada collaborated with four other national health profession groups. The rationale applied in Canada, including a review of the evidence and an exploration of several case studies, to support the recommendation to adopt the WHO Growth



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Standards and References will be examined. The steps taken to nurture a collaborative process in Canada will be explored including a review of the support tools put in place to help ensure uptake of the WHO Growth Charts adapted for use in Canada.

SYMPOSIUM/WORKSHOPS Proposal: All details

In English, with a limit of 800 words: you must include a minimum of 3 references and a maximum of 10 references (will follow the consecutive order in which they appear in the text with the corresponding consecutive numbering in Arabic numerals in parentheses; Vancouver style).

Growth monitoring is the single most useful tool for defining health and nutritional status in children at both the individual and population level. Disturbances in health and nutrition, regardless of their aetiology, almost always affect growth.(1). In 2006, the World Health Organization (WHO) released new international growth charts depicting the growth of healthy children from birth to age five years, who had been raised in six different countries without economic restraints to growth and according to recommended nutritional and health practices, including exclusive breastfeeding for the first four to six months of life (2). In 2007, the WHO also released charts for monitoring the growth of older children and adolescents that had been updated and improved to take into account the growing epidemic of childhood obesity (3). Availability of these new charts from the WHO raised the question of which are the most desirable growth charts to use for Canadian children. At the time Canada was primarily using the 2000 Centre for Disease Control and Prevention (CDC) charts. Dietitians of Canada led a process with three other national health professional associations to examine the application of the WHO growth charts in Canada and in 2009 released a collaborative statement recommending the adoption of the WHO Growth Charts to promote optimal monitoring of child growth in Canada (4). To support uptake of the WHO growth charts among all health professionals across Canada, the charts were designed using a similar format to the CDC 2000 charts and a Health Professional's Guide for using the WHO Growth Charts for Canada (5) was published and promoted broadly. Furthermore, in 2014, a fifth health professional group joined the other health professional groups to make further improvements to the Growth Charts and support even broader uptake. The rationale applied in Canada for supporting the recommendation to adopt the WHO Growth Charts will be examined including the appropriate application of the WHO Growth Charts for Canada in practice. A number of case studies will be examined to demonstrate the key practice points. The steps taken to nurture a collaborative process in Canada while maintaining endorsement from the WHO will be detailed. Applicability of adopting the WHO growth charts using a collaborative process to other developed countries will be explored.



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1. de Onis M, Habicht JP. Anthropometric reference data for international use: recommendations from a World Health Organization Expert Committee. Am J Clin Nutr 1996;64. Available from: www.ajcn.org/cgi/content/abstract/64/4/650
2. World Health Organization Multicentre Study Group. WHO Child Growth Standards based on length/height, weight and age. Acta Paediatr 2006;Suppl 450:76-85. Accessed 2015 Aug 18: Available from: http://www.who.int/childgrowth/standards/Growth_standard.pdf
3. de Onis M, Onyango A, Van den Broeck J, Chumlea W, Martorell R, for the WHO Multicentre Growth Reference Study Group. Measurement and standardization protocols for anthropometric used in the construction of a new international growth reference. Food and Nutrition Bulletin 2004;25:S27-36.
4. Dietitians of Canada, Canadian Paediatric Society, The College of Family Physicians of Canada and Community Health Nurses Association of Canada. Promoting Optimal Monitoring of Child Growth in Canada: Using the New WHO Growth Charts. 2010. Available from: <http://www.dietitians.ca/Downloads/Public/tcg-position-paper.aspx> .
5. Dietitians of Canada and Canadian Pediatric Society. A Health Professional’s Guide for using the WHO Growth Charts for Canada. 2010 [Updated 2014]. Available from http://www.dietitians.ca/Downloads/Public/DC_HealthProGrowthGuideE.aspx.

Proposed Program

Title(s)	Time	Speaker(s)
Implementing WHO Growth Charts in Canada – an inter-professional collaboration led by dietitians		Tanis Fenton Janice Macdonald



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