

Clinical growth charts for pre-school children

To the Editor

I have read with great interest the article of Al-Amoud et al¹ that reported the results of a study for drawing national growth charts which included weight for age, height for age and weight for height, that are currently utilized to monitor growth in all Saudi health institutes. I must congratulate the authors as well as all the Saudi health authorities for a job well done. However, there is now a consensus that Body Mass Index (BMI) should be used for obesity definition in clinical practice and epidemiology.² In consideration of new findings regarding significant differences between Saudi children's standard growth charts and NCHS percentiles,³ and that the usage of the international definition of childhood obesity could be probably harmful,⁴ a national BMI reference data for Saudi children seems necessary. I think that the authors could draw Saudi children national reference data for BMI without difficulty with their meaningful existing data. Once again, I would like to extend

my congratulations to all Saudi health authorities, and looking forward to hearing from you soon.

Seyed MH Mosavi Jazayeri
Tehran, Iran

Reply from the Author

No reply received from the Author.

References

1. Al-Amoud MM, Al-Mazrou YY, El-Gizouli SE, Khoja TA, Al-Turki K. Clinical growth charts for pre-school children. *Saudi Med J* 2004; 25: 1679-1682.
2. Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: International survey. *BMJ* 2000; 320: 1240-1245.
3. Al-Mazrou YY, Al-Amoud MM, El-Gizouli SE, Khoja TA, Al-Turki K, Tantawi N, et al. Comparison of the growth standards between Saudi and American children aged 0-5 years. *Saudi Med J* 2003; 24: 598-602.
4. Reilly JJ. Assessment of childhood obesity: national reference data or international approach? *Obese Res* 2002; 10: 838-840.