

The Link Between Height And Health

(NAPSA)—A child's height may be a measuring stick for his or her health.

Typically, between ages 2 and 12 years, children should grow at least two inches per year. A lack of healthy growth could be due to a variety of conditions including anemia, hypothyroidism, or kidney problems. Poor growth is also common in a condition known as Small for Gestational Age, or SGA.

Small For Gestational Age

More than four million babies are born each year in the United States and an estimated 100,000 are born SGA. A baby is SGA when his or her birth length, weight or both is in the bottom 3rd percentile for babies of the same gestational age. The majority of the children born SGA catch up in size by 2 years, but about 10 percent remain small. Nearly all of the children who fail to catch up by year 2 will remain substantially short as adults.

Being born SGA is a complex health issue that has been associated with growth disturbance, lowered intelligence, poor academic performance, low social competence and behavioral problems in childhood. Moreover, SGA has been associated with health complications in adulthood, such as diabetes and high blood pressure. More studies are being conducted

Healthy Growth And SGA— The Tale Of The Tape

- Poor growth can be associated with being born Small for Gestational Age (SGA).
- SGA affects about 100,000 babies every year.
- About 10 percent of children born SGA do not catch up to normal height by age 2.
- Parents of a child with SGA should discuss the condition with a pediatric endocrinologist.
- Early diagnosis of poor growth improves chances for reaching growth potential.



to further understand these health concerns.

Identifying SGA

Parents and pediatricians should discuss and track a child's growth progress on a growth chart. It is important for children who fail to grow 2 inches in a year to be evaluated by a pediatric endocrinologist. Pediatric endocrinologists specialize in helping children with growth and endocrine gland problems, such as diabetes, SGA or Growth Hormone Deficiency. Early diagnosis of poor growth can improve a child's chance of reaching his or her growth potential.

For more information on SGA or healthy growth call 1-866-244-1284.