Nutrition Risk Factor 135: Inadequate Growth or Potentially Inadequate Growth

Steps for Determining Age and Using the Minimum Expected Weight Gain Tables

Inadequate Growth is not automatically assigned by Compass for infants over one month of age. Therefore, infants one month and older and all children must be assessed for inadequate growth at every certification, recertification, and midcertification.

The Minimum Expected Weight Gain (MEWG) tables are used to determine the "minimum expected weight gain" for an infant or child. If an infant or child has a weight gain for a period of time that is less than the number derived from the chart, they should be risked with Inadequate Growth or Potentially Inadequate Growth. All numbers in the infant tables are given in ounces.

The time between weight measurements must be at least one month for infants 6 months of age and at least 3 months for infants and children over 6 months of age. Previous weights may not be used if they are more than 7 months old. The weight gain tables are designed so the boxes are blank for time intervals that do not meet these requirements.

If the period of time between the last two weights recorded is too short to meet the minimum time interval, you may skip over the previous weight and go to the next previous weight that meets the time interval. **You must use the current weight and the most recent previous weight that meets the minimal time interval.** You may not skip weights that meet the interval in order to find a weight that will risk the infant or child.

**NOTE: If an infant or child is following their growth channel there is no reason to do the following calculation. An infant or child following their growth channel has adequate growth (with respect to the nutrition risk factor).**

Follow these steps to assess for inadequate growth using the MEWG tables:

**For Infants ≥ 1 month until their first birthday:**

A. On the Anthropometric Panel:

1. Record the age of the previous measurement date (weight).
2. Determine the age of the previous measurement in Months and Weeks
3. Look at today's age
4. Determine today's age in Months and weeks
5. Using the MEWG Charts, determine the minimum expected weight gain
    i. To calculate weeks from days:
        1. From 0 to 5 days = 0 weeks
        2. From 6 to 11 days = 1 week
        3. From 12 to 18 days = 2 weeks
        4. From 19 to 25 days = 3 weeks
        5. Over 25 days, add a month and 0 weeks

B. Go to the Weight for Age chart:

1. Look at the WTG CHG (Weight Change) between the last two visits and convert to ounces.
2. If the period of time between the last two weights recorded cannot be assessed using the MEWG tables, then inadequate growth cannot be assessed.

3. You may skip over the previous weight and go to the next previous weight that meets the time interval. You must use the current weight and the most recent previous weight that meets the minimal time interval.
4. If the weight change is less than the minimum expected weight gain, check the inadequate weight gain box on the anthropometric panel.
5. All infants will be automatically high risk.

**For Children Over 12 months of age:**

1. Look at the age next to the previous measurement date.
2. Determine the age of the previous measurement in Years and Months
3. Look at today's age
4. Determine today's age in Years and Months
5. Determine the difference between the today's age and the age of the previous measurements. Example:

   Today's age: 3 years 2 months
   Previous age: 2 years 8 months
   Difference: 4 months
   MEWG: ½ pound or 8 oz
6. Use the MEWG Chart below for children >12 months, determine the minimum expected weight gain.

| Change in months | Weight change |
|---|---|
| 3 | ½ pound or 8 ounces |
| 4 | ½ pound or 8 ounces |
| 5 | ¾ pound or 12 ounces |
| 6 | 1 pound or 16 ounces |
| 7 | 1 pound or 16 ounces |

On the Weight for Age chart:

1. Look at the WTG CHG (Weight Change) column for the change in weight since the last measurement.
2. If the weight gain is less than the minimum expected weight gain on the chart, check the inadequate weight gain box on the anthropometric panel.
3. If the child's growth meets the following additional criteria, then assign high risk by checking the High Risk box on the Risk panel.
   a. growth drops two channels in 6 months for less for weight for age, length/height for age, or weight for length/height, or BMI for age. **OR**

b. weight loss or no gain between two weights taken at least 3 months and no more than 6 months apart **OR**
c. both weight for age and length for age less than the 5th percentile.

Ounces to Pounds and Ounces

| oz. | lb. | oz. | lb. | oz. | lb. | oz. | lb. | oz. | lb. |
|---|---|---|---|---|---|---|---|---|---|
| 16 | 1 | 71 | 4-7 | 126 | 7-14 | 181 | 11-5 | 236 | 14-12 |
| 17 | 1-1 | 72 | 4-8 | 127 | 7-15 | 182 | 11-6 | 237 | 14-13 |
| 18 | 1-2 | 73 | 4-9 | 128 | 8 | 183 | 11-7 | 238 | 14-14 |
| 19 | 1-3 | 74 | 4-10 | 129 | 8-1 | 184 | 11-8 | 239 | 14-15 |
| 20 | 1-4 | 75 | 4-11 | 130 | 8-2 | 185 | 11-9 | 240 | 15 |
| 21 | 1-5 | 76 | 4-12 | 131 | 8-3 | 186 | 11-10 | 241 | 15-1 |
| 22 | 1-6 | 77 | 4-13 | 132 | 8-4 | 187 | 11-11 | 242 | 15-2 |
| 23 | 1-7 | 78 | 3-14 | 133 | 8-5 | 188 | 11-12 | 243 | 15-3 |
| 24 | 1-8 | 79 | 4-15 | 134 | 8-6 | 189 | 11-13 | 244 | 15-4 |
| 25 | 1-9 | 80 | 5 | 135 | 8-7 | 190 | 11-14 | 245 | 15-5 |
| 26 | 1-10 | 81 | 5-1 | 136 | 8-8 | 191 | 11-15 | 246 | 15-6 |
| 27 | 1-11 | 82 | 5-2 | 137 | 8-9 | 192 | 12 | 247 | 15-7 |
| 28 | 1-12 | 83 | 5-3 | 138 | 8-10 | 193 | 12-1 | 248 | 15-8 |
| 29 | 1-13 | 84 | 5-4 | 139 | 8-11 | 194 | 12-2 | 249 | 15-9 |
| 30 | 1-14 | 85 | 5-5 | 140 | 8-12 | 195 | 12-3 | 250 | 15-10 |
| 31 | 1-15 | 86 | 5-6 | 141 | 8-13 | 196 | 12-4 | 251 | 15-11 |
| 32 | 2 | 87 | 5-7 | 142 | 8-14 | 197 | 12-5 | 252 | 15-12 |
| 33 | 2-1 | 88 | 5-8 | 143 | 8-15 | 198 | 12-6 | 253 | 15-13 |
| 34 | 2-2 | 89 | 5-9 | 144 | 9 | 199 | 12-7 | 254 | 15-14 |
| 35 | 2-3 | 90 | 5-10 | 145 | 9-1 | 200 | 12-8 | 255 | 15-15 |
| 36 | 2-4 | 91 | 5-11 | 146 | 9-2 | 201 | 12-9 | 256 | 16 |
| 37 | 2-5 | 92 | 5-12 | 147 | 9-3 | 202 | 12-10 | 257 | 16-1 |
| 38 | 2-6 | 93 | 5-13 | 148 | 9-4 | 203 | 12-11 | 258 | 16-2 |
| 39 | 2-7 | 94 | 5-14 | 149 | 9-5 | 204 | 12-12 | 259 | 16-3 |
| 40 | 2-8 | 95 | 5-15 | 150 | 9-6 | 205 | 12-13 | 260 | 16-4 |
| 41 | 2-9 | 96 | 6 | 151 | 9-7 | 206 | 12-14 | 261 | 16-5 |
| 42 | 2-10 | 97 | 6-1 | 152 | 9-8 | 207 | 12-15 | 262 | 16-6 |
| 43 | 2-11 | 98 | 6-2 | 153 | 9-9 | 208 | 13 | 263 | 16-7 |
| 44 | 2-12 | 99 | 6-3 | 154 | 9-10 | 209 | 13-1 | 264 | 16-8 |
| 45 | 2-13 | 100 | 6-4 | 155 | 9-11 | 210 | 13-2 | 265 | 16-9 |
| 46 | 2-14 | 101 | 6-5 | 156 | 9-12 | 211 | 13-3 | 266 | 16-10 |
| 47 | 2-15 | 102 | 6-6 | 157 | 9-13 | 212 | 13-4 | 267 | 16-11 |
| 48 | 3 | 103 | 6-7 | 158 | 9-14 | 213 | 13-5 | 268 | 16-12 |
| 49 | 3-1 | 104 | 6-8 | 159 | 9-15 | 214 | 13-6 | 269 | 16-13 |
| 50 | 3-2 | 105 | 6-9 | 160 | 10 | 215 | 13-7 | 270 | 16-14 |
| 51 | 3-3 | 106 | 6-10 | 161 | 10-1 | 216 | 13-8 | 271 | 16-15 |
| 52 | 3-4 | 107 | 6-11 | 162 | 10-2 | 217 | 13-9 | 272 | 17 |
| 53 | 3-5 | 108 | 6-12 | 163 | 10-3 | 218 | 13-10 | 273 | 17-1 |
| 54 | 3-6 | 109 | 6-13 | 164 | 10-4 | 219 | 13-11 | 274 | 17-2 |
| 55 | 3-7 | 110 | 6-14 | 165 | 10-5 | 220 | 13-12 | 275 | 17-3 |
| 56 | 3-8 | 111 | 6-15 | 166 | 10-6 | 221 | 13-13 | 276 | 17-4 |
| 57 | 3-9 | 112 | 7 | 167 | 10-7 | 222 | 13-14 | 277 | 17-5 |
| 58 | 3-10 | 113 | 7-1 | 168 | 10-8 | 223 | 13-15 | 278 | 17-6 |
| 59 | 3-11 | 114 | 7-2 | 169 | 10-9 | 224 | 14 | 279 | 17-7 |
| 60 | 3-12 | 115 | 7-3 | 170 | 10-10 | 225 | 14-1 | 280 | 17-8 |
| 61 | 3-13 | 116 | 7-4 | 171 | 10-11 | 226 | 14-2 | 281 | 17-9 |
| 62 | 3-14 | 117 | 7-5 | 172 | 10-12 | 227 | 14-3 | 282 | 17-10 |
| 63 | 3-15 | 118 | 7-6 | 173 | 10-13 | 228 | 14-4 | 283 | 17-11 |
| 64 | 4 | 119 | 7-7 | 174 | 10-14 | 229 | 14-5 | 284 | 17-12 |
| 65 | 4-1 | 120 | 7-8 | 175 | 10-15 | 230 | 14-6 | 285 | 17-13 |
| 66 | 4-2 | 121 | 7-9 | 176 | 11 | 231 | 14-7 | 286 | 17-14 |
| 67 | 4-3 | 122 | 7-10 | 177 | 11-1 | 232 | 14-8 | 287 | 17-15 |
| 68 | 4-4 | 123 | 7-11 | 178 | 11-2 | 233 | 14-9 | 288 | 18 |
| 69 | 4-5 | 124 | 7-12 | 179 | 11-3 | 234 | 14-10 | 289 | 18-1 |
| 70 | 4-6 | 125 | 7-13 | 180 | 11-4 | 235 | 14-11 | 290 | 18-2 |

**Table #1**

# Minimum Expected Weight Gain (MEWG)

| | 0 | 0.1 | 0.2 | 0.3 | 1.0 | 1.1 | 1.2 | 1.3 | 2.0 | 2.1 | 2.2 | 2.3 | 3.0 | 3.1 | 3.2 | 3.3 | 4.0 | 4.1 | 4.2 | 4.3 | 5.0 | 5.1 | 5.2 | 5.3 | 6.0 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1.0 | 19 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1.1 | 25 | 19 | | | | | | | | | | | | | | | | | | | | | | | |
| 1.2 | 31 | 26 | 21 | | | | | | | | | | | | | | | | | | | | | | |
| 1.3 | 37 | 32 | 27 | 23 | | | | | | | | | | | | | | | | | | | | | |
| 2.0 | 46 | 40 | 36 | 31 | 27 | | | | | | | | | | | | | | | | | | | | |
| 2.1 | 50 | 45 | 40 | 36 | 31 | 23 | | | | | | | | | | | | | | | | | | | |
| 2.2 | 55 | 49 | 45 | 40 | 36 | 27 | 21 | | | | | | | | | | | | | | | | | | |
| 2.3 | 59 | 54 | 49 | 45 | 40 | 32 | 26 | 19 | | | | | | | | | | | | | | | | | |
| 3.0 | 65 | 59 | 55 | 50 | 46 | 37 | 31 | 25 | 19 | | | | | | | | | | | | | | | | |
| 3.1 | 69 | 63 | 59 | 54 | 50 | 41 | 35 | 29 | 23 | 17 | | | | | | | | | | | | | | | |
| 3.2 | 73 | 67 | 63 | 58 | 54 | 45 | 39 | 33 | 27 | 21 | 17 | | | | | | | | | | | | | | |
| 3.3 | 77 | 71 | 67 | 62 | 58 | 49 | 43 | 37 | 31 | 25 | 21 | 16 | | | | | | | | | | | | | |
| 4.0 | 82 | 76 | 72 | 67 | 63 | 54 | 48 | 42 | 36 | 30 | 26 | 21 | 17 | | | | | | | | | | | | |
| 4.1 | 85 | 80 | 75 | 71 | 66 | 58 | 52 | 45 | 39 | 34 | 29 | 25 | 20 | 15 | | | | | | | | | | | |
| 4.2 | 89 | 83 | 79 | 74 | 70 | 61 | 55 | 49 | 43 | 37 | 33 | 28 | 24 | 19 | 15 | | | | | | | | | | |
| 4.3 | 92 | 87 | 82 | 78 | 73 | 65 | 59 | 52 | 46 | 41 | 36 | 32 | 27 | 22 | 18 | 14 | | | | | | | | | |
| 5.0 | 97 | 91 | 87 | 82 | 78 | 69 | 63 | 57 | 51 | 45 | 41 | 36 | 32 | 27 | 23 | 19 | 15 | | | | | | | | |
| 5.1 | 100 | 94 | 90 | 85 | 81 | 72 | 66 | 60 | 54 | 48 | 44 | 39 | 35 | 30 | 26 | 22 | 18 | 13 | | | | | | | |
| 5.2 | 103 | 97 | 93 | 88 | 84 | 75 | 69 | 63 | 57 | 51 | 47 | 42 | 38 | 33 | 29 | 25 | 21 | 16 | 13 | | | | | | |
| 5.3 | 106 | 100 | 96 | 91 | 87 | 78 | 72 | 66 | 60 | 54 | 50 | 45 | 41 | 36 | 32 | 28 | 24 | 19 | 16 | 12 | | | | | |
| 6.0 | 110 | 104 | 100 | 95 | 91 | 82 | 76 | 70 | 64 | 58 | 54 | 49 | 45 | | | | | | | | | | | | |
| 6.1 | 112 | 106 | 102 | 97 | 93 | 85 | 78 | 72 | 66 | 60 | 56 | 51 | 47 | 42 | | | | | | | | | | | |
| 6.2 | 114 | 109 | 104 | 100 | 95 | 87 | 81 | 74 | 68 | 63 | 58 | 54 | 49 | 44 | 40 | | | | | | | | | | |
| 6.3 | 116 | 111 | 106 | 102 | 97 | 89 | 83 | 77 | 70 | 65 | 60 | 56 | 51 | 46 | 42 | 38 | | | | | | | | | |
| 7.0 | 119 | 114 | 109 | 105 | 100 | 92 | 86 | 79 | 73 | 68 | 63 | 59 | 54 | 49 | 45 | 41 | 37 | | | | | | | | |

Prior Age →

Current Age ↓

Note: If infant is under six months of age, measurements must be at least 1 month apart. If infant is over six months of age, measurements must be at least 3 months, but not more than 7 months apart.

Age at first weight is along the top of the table. Age at current weight is along the left side of the table.
(Month. Week) First number is the months. The number of weeks follows the decimal.

## Minimum Expected Weight Gain (MEWG)

### Table #2

| | 0.1 | 0.2 | 0.3 | 1.0 | 1.1 | 1.2 | 1.3 | 2.0 | 2.1 | 2.2 | 2.3 | 3.0 | 3.1 | 3.2 | 3.3 | 4.0 | 4.1 | 4.2 | 4.3 | 5.0 | 5.1 | 5.2 | 5.3 | 6.0 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 7.0 | 114 | 109 | 105 | 100 | 82 | 86 | 79 | 73 | 68 | 63 | 59 | 54 | 49 | 45 | 41 | 37 | | | | | | | | |
| 7.1 | 116 | 111 | 107 | 102 | 94 | 88 | 82 | 75 | 70 | 65 | 61 | 56 | 51 | 47 | 43 | 39 | 35 | | | | | | | |
| 7.2 | | 114 | 109 | 105 | 96 | 90 | 84 | 78 | 72 | 68 | 63 | 59 | 54 | 50 | 46 | 42 | 37 | 34 | | | | | | |
| 7.3 | | | 111 | 107 | 99 | 92 | 86 | 80 | 74 | 70 | 65 | 61 | 56 | 52 | 48 | 44 | 39 | 36 | 32 | | | | | |
| 8.0 | | | | 110 | 101 | 95 | 89 | 83 | 77 | 73 | 68 | 64 | 59 | 55 | 51 | 47 | 42 | 39 | 35 | 32 | | | | |
| 8.1 | | | | | 104 | 97 | 91 | 85 | 79 | 75 | 70 | 66 | 61 | 57 | 53 | 49 | 44 | 41 | 37 | 34 | 30 | | | |
| 8.2 | | | | | | 100 | 93 | 87 | 82 | 77 | 73 | 68 | 63 | 59 | 55 | 51 | 47 | 43 | 40 | 36 | 32 | 29 | | |
| 8.3 | | | | | | | 96 | 89 | 84 | 79 | 75 | 70 | 65 | 61 | 57 | 53 | 49 | 45 | 42 | 38 | 34 | 31 | 28 | |
| 9.0 | | | | | | | | 92 | 87 | 82 | 78 | 73 | 68 | 64 | 60 | 56 | 52 | 48 | 45 | 41 | 37 | 34 | 31 | 28 |

### Table #3

| | 2.0 | 2.1 | 2.2 | 2.3 | 3.0 | 3.1 | 3.2 | 3.3 | 4.0 | 4.1 | 4.2 | 4.3 | 5.0 | 5.1 | 5.2 | 5.3 | 6.0 | 6.1 | 6.2 | 6.3 | 7.0 | 7.1 | 7.2 | 7.3 | 8.0 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9.0 | 92 | 87 | 82 | 78 | 73 | 68 | 64 | 60 | 56 | 52 | 48 | 45 | 41 | 37 | 34 | 31 | 28 | | | | | | | | |
| 9.1 | | 89 | 84 | 80 | 75 | 70 | 66 | 62 | 58 | 54 | 50 | 47 | 43 | 39 | 36 | 33 | 30 | 28 | | | | | | | |
| 9.2 | | | 87 | 82 | 78 | 73 | 69 | 65 | 61 | 56 | 53 | 49 | 46 | 42 | 39 | 36 | 33 | 30 | 28 | | | | | | |
| 9.3 | | | | 84 | 80 | 75 | 71 | 67 | 63 | 58 | 55 | 51 | 48 | 44 | 41 | 38 | 35 | 32 | 30 | 28 | | | | | |
| 10.0 | | | | | 83 | 78 | 74 | 70 | 66 | 61 | 58 | 54 | 51 | 47 | 44 | 41 | 38 | 35 | 33 | 30 | 28 | | | | |
| 10.1 | | | | | | 80 | 76 | 72 | 68 | 63 | 60 | 56 | 53 | 49 | 46 | 43 | 40 | 37 | 35 | 33 | 30 | 28 | | | |
| 10.2 | | | | | | | 78 | 74 | 70 | 66 | 62 | 59 | 55 | 51 | 48 | 45 | 42 | 39 | 37 | 35 | 33 | 30 | 28 | | |
| 10.3 | | | | | | | | 76 | 72 | 68 | 64 | 61 | 57 | 53 | 50 | 47 | 44 | 42 | 39 | 37 | 35 | 32 | 30 | 28 | |
| 11.0 | | | | | | | | | 75 | 71 | 67 | 64 | 60 | 56 | 53 | 50 | 47 | 44 | 42 | 40 | 38 | 35 | 33 | 30 | 28 |

Age at first weight is along the top of the table. Age at current weight is along the left side of the table.
(Month.Week) First number is the months. The number of weeks follows the decimal.

**Minimum Expected Weight Gain (MEWG)**

**Table #4**

| | 4.0 | 4.1 | 4.2 | 4.3 | 5.0 | 5.1 | 5.2 | 5.3 | 6.0 | 6.1 | 6.2 | 6.3 | 7.0 | 7.1 | 7.2 | 7.3 | 8.0 | 8.1 | 8.2 | 8.3 | 9.0 | 9.1 | 9.2 | 9.3 | 10. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 11.0 | 75 | 71 | 67 | 64 | 60 | 56 | 53 | 50 | 47 | 44 | 42 | 40 | 38 | 35 | 33 | 30 | 28 | | | | | | | | |
| 11.1 | | 73 | 69 | 66 | 62 | 58 | 55 | 52 | 49 | 47 | 44 | 42 | 40 | 37 | 35 | 33 | 30 | 28 | | | | | | | |
| 11.2 | | | 72 | 68 | 65 | 61 | 58 | 55 | 52 | 49 | 47 | 44 | 42 | 39 | 37 | 35 | 33 | 30 | 28 | | | | | | |
| 11.3 | | | | 70 | 67 | 63 | 60 | 57 | 54 | 51 | 49 | 47 | 44 | 42 | 39 | 37 | 35 | 33 | 30 | 28 | | | | | |
| 12.0 | | | | | 71 | 67 | 64 | 61 | 58 | 54 | 52 | 49 | 47 | 44 | 42 | 40 | 38 | 35 | 33 | 30 | 28 | | | | |

Age at first weight is along the top of the table. Age at current weight is along the left side of the table.
(Month.Week) First number is the months.

## Table #5

Use the MEWG Chart below for children >12 months of age. The first column is the amount of time between weights and the second column is the "minimal expected weight gain" for the time period. The period of time between weights may not be more than 7 months or less than 3 months.

| Change in months | Weight change |
|---|---|
| 3 | ½ pound or 8 ounces |
| 4 | ½ pound or 8 ounces |
| 5 | ¾ pound or 12 ounces |
| 6 | 1 pound or 16 ounces |
| 7 | 1 pound or 16 ounces |