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Comfort, Confidentiality, Hygiene, Informed Consent, Privacy and Safety Considerations in the NGDS Checkups (Anthropometric and Skeletal) of School-Aged Children

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Abstract – The NGDS (National Growth and Developmental Standards for the Pakistani children) Pilot Project, is being conducted since 1998, for care and development of youngsters to prepare them emotionally, mentally and physically for lifelong health — over 2500 students measured, manual to obtain anthropometric measurements prepared, least counts of anthropometric instruments reduced to 0.005 cm (height, MUAC, chest, waist and hip circumferences) and 0.005 kg (masses), CDC-growth-chart range extended (0.01^P to 99.99^P), the Pakistani growth charts worked out, trainings imparted, methods developed to generate Growth-and-Obesity Roadmaps 4.5 (acute malnutrition categorized as mild, intermediate and extreme) and 1st to 11th generation solutions of childhood obesity-and-malnutrition proposed. Protocols were developed for computation of estimated-adult height/mass (to find out if the youngster qualifies for induction in the Armed Forces of Pakistan) and build assignment (to form sport teams and choose career-direction). Concepts of energy-channelization, estimated-adult *BMI*, specific *BMI*, degree-of-obesity/ wasting and tallness/stunting as well as pseudo-gain of height/mass were introduced and nutritional-status classification extended from 3 (pre 2014) to 23 (in 2021). Human-right protocols, applicable in the region, were strictly adhered to. Informed consent was obtained from each participating family (opt-in policy for school-based checkups). Verbal briefing, without technical jargon, was provided to families, who may not be able to read instructions. Privacy (visual and acoustic) was respected and confidentiality of data was ensured. Comfort of the child was given due consideration. Lab was child proofed and anthropometrists/examiners removed bangles, chains, rings and watches (safety). Hygiene was given the prime consideration (washing of hands as well as mopping of floor with Dettol-mixed water).

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Keywords – Classification of acute malnutrition, Determination of build, Opt-in policy, Opt-out policy, Solutions of childhood obesity-and-malnutrition [The NGDS Pilot Project URL](#)

[Acute-Manlnutrition Classification](#) • [Anthropometric Manual](#) • [Build Determination](#) • [Energy Channeization](#) • [Growth-and-Obesity Roadmaps](#) • [Growth Charts Extended-CDC Pakistani](#) • [Solutions of Childhood Obesity-and-Malnutrition](#)

Web address of this document: <https://www.ngds-ku.org/Presentations/ICPAR26.pdf>

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