

The NGDS Pilot Project: Aiming at the Future of Pakistan

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Objective: To pinpoint cases of stunting and wasting by obtaining detailed growth profile of a child.

Methods: The NGDS (National Growth and Developmental Standards for the Pakistani Children) Pilot Project is being successfully implemented since 1998 (Fig. 1), to collect data on children, representing a national sample, in a better- than-average health. Standing and sitting heights, shoulder widths and mid-upper-arm-circumferences are measured on over 2000 healthy children. Software is developed, which takes as input heights and weights of biological father and biological mother, as well as those of child at 2 successive occasions, 6 months apart. The output is a detailed growth profile indicating stunting and wasting (if present), optimal and actual body-mass indices, height velocities and rates of weight gain (or loss).



Fig. 1. Logo of the NGDS Pilot Project

Results: Growth profiles of children in descriptive, tabular, graphical and bar-chart forms are to be presented.

Recommendations/Conclusions: There should be a **National Anthropometry Center**, which should receive and process data from sub-centers located in each town. By law, the parents should be required to register all live births to these sub-centers. All children must receive head-to-toe, stripped examination every 6 months including anthropometry during the early childhood years. A healthy child would become a healthy parent, thereby minimizing malnutrition-related diseases. Only a well-nourished child can take up the challenges of leadership.

Keywords: Growth profile • Height • Mid-upper-arm circumference (MUAC) • Stunting • Wasting • Weight

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