



Growth monitoring and promotion program as a helpful tool for combating with child obesity: A discussion on its factual problems and ways to correct it

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Weight gain is a sensitive nutritional index and growth failure takes into account as one of the earliest signs of malnutrition. Regular measurement of body weight, drawing of growth curve and comparison of weight gain amounts with reference curve on a card, show whether child growth has been acceptable or not. Nowadays, child obesity is one of the most important nutritional challenges among the most of children populations such as our dear country, IRAN. The Growth monitoring and promotion program (GMP) approach has been established on underweight and child growth delay or in other words on their wasting and not on their overweight. Even though GMP program has suffered from habitual applying of it and the program was not fulfilled its tasks, we hope it would has potential usefulness that it could be converted to a helpful tool not only for preventing undernutrition, but also for encounter with overnutrition and obesity in the children again via reforms such as health care givers specifically physicians training, updating of scales and to activate health care system regarding customers. In this context, first it would be discussed the goals of GMP, practical steps and its factual problems and then we will consider to ways for integration of it in child obesity prevention.