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The Government of The Hong Kong  
Special Administrative Region  
Department of Health  
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本署檔號 OUR REF.: DH SH/1-150/4/5/1 Pt.14



22 April 2024

Dear Sir / Madam,

### New Growth Charts for Hong Kong Children

We write to inform your organisation that a new set of growth charts for monitoring the growth of children and adolescents in Hong Kong are now available for use.

The Department of Health (DH), The Chinese University of Hong Kong and The University of Hong Kong (collectively named “Research Team”) had jointly conducted the Hong Kong Growth Study (HKGS), which was a commissioned study funded by the Health and Medical Research Fund of the Health Bureau, to review the growth of contemporary Hong Kong children and the existing growth charts. In addition to the review and analysis of existing growth data of children, a population-based cross sectional growth survey was also conducted from 2019 to 2022, with growth data collected from over 21300 infants, children and adolescents.

The HKGS revealed a clear secular trend in height for contemporary children and adolescents in Hong Kong and considered that the currently used local growth charts, which were developed in 1993, might no longer be appropriate for monitoring the growth of contemporary Hong Kong children. The HKGS concluded that a new set of growth charts is needed. Based on the data collected from the survey, the Research Team constructed a new set of growth charts i.e. Hong Kong 2020 Growth References (HK2020) for Hong Kong children aged 0-18 years. In addition, the HKGS also concluded that the World Health Organization Child Growth Standards (WHO2006) are suitable for Hong Kong children 0-5 years and presumably for non-ethnic Chinese children from 0-5 years. The BMI-for-age charts instead of weight-for-height charts are recommended for assessment of overweight and obesity for 0 to 18 years of age. The change is consistent with growth assessment in many countries.


The new set of growth charts of HK2020 can be downloaded at [https://www.dh.gov.hk/english/useful/useful\\_HP\\_Growth\\_Chart/useful\\_HP\\_Growth\\_Chart.html](https://www.dh.gov.hk/english/useful/useful_HP_Growth_Chart/useful_HP_Growth_Chart.html). It consists of gender specific weight-for-age, length/height-for-age, BMI-for-age and head

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circumference-for-age growth charts for children and adolescents from 0 to 18 years of age. Details of both HKGS and WHO2006 can be accessed by the link above.

The DH will commence using HK2020 for children and students in July 2024 at Maternal and Child Health Centres (MCHCs) and in September 2024 at Student Health Service Centres respectively. If needs arise, MCHCs staff would also use WHO2006 as a supplementary tool for assessment of children under 5 years of age. Meanwhile, starting from September 2024, the Hospital Authority will implement HK2020 in its hospitals by phases, with a view to rolling out to all its hospitals by the end of 2024. Private sector could choose a suitable implementation date for the new growth charts when ready.

To enable healthcare professionals to understand more about the new growth charts and their clinical use in health care setting, they are cordially invited to attend one of the two identical seminars with details as follow:

Title	The New Growth Charts for Hong Kong Children	
Format	Hybrid: Face-to-face and online via webinar	
Speakers	To be confirmed	
Dates	23 May 2024 (Thursday)	31 May 2024 (Friday)
Time	6:30 pm - 8:00 pm	2:00 pm - 3:30pm
Venue	Lecture Theatre, Centre for Health Protection, G/F, 147C Argyle Street, Kowloon	Multi-purpose Hall, 3/F City Gallery, 3 Edinburgh Place, Central
Enrollment [Available on or after 25 April 2024]	Enroll on-line at <a href="http://bit.ly/49GQpoM">http://bit.ly/49GQpoM</a> , or scan the QR code below: 	

We should be grateful if you could promulgate the above information to the healthcare professionals of your organisation and encourage them to enroll the seminar.

Please feel free to contact Mr Ng at 3796 0856 or [amhis\\_fhs2@dh.gov.hk](mailto:amhis_fhs2@dh.gov.hk) if you have enquiry about the seminars.

Thank you.

Yours faithfully,



Dr Thomas CHUNG  
Consultant Community Medicine (F&SH)  
Family & Student Health Branch  
Department of Health

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