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**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

Organized by

the Doctoral School of Medicine and Health sciences
at Vilnius University, VU Faculty of Medicine

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DO YESTERDAY'S GROWTH CHARTS STILL REFLECT TODAY'S CHILDREN?

Barbora SAKALAUSKAITE, Janina TUTKUVIENE

Department of Anatomy, Histology and Anthropology, Institute of Biomedical Sciences, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

Contact e-mail: barbora.sakalauskaite@mf.stud.vu.lt

Every day, healthcare professionals use growth charts to assess whether children are growing appropriately. The tool helps evaluate a child's overall health and the need for further attention or intervention. However, the growth charts used today in Lithuania were created in 1995 and may not fully reflect contemporary growth patterns. Environmental, sociodemographic and health-related factors have changed, raising an important question: have growth patterns changed as well?

Using a few relevant clinical examples, this Science Slam presentation illustrates the challenges of assessing a child's growth. It takes us into the healthcare professionals' everyday work and shows how growth assessment relies on growth charts. The presentation also highlights the importance of critically evaluating whether existing growth references remain representative of modern populations.

Furthermore, the presentation introduces an ongoing PhD project that aims to determine whether the growth charts developed more than 30 years ago are still appropriate for the children seen today.

As we assess children's growth every day, perhaps it is time to assess the growth charts as well.

Keywords: auxology, child growth, growth assessment, growth charts, growth references