

## Short Communication

**Growth indices in newborns, Gorgan, North of Iran (2003)**

Arezoo Mirfazeli (MD)<sup>1</sup>, Sima Besharat (MD)<sup>\*2</sup>  
Anahita Rashedi (MD)<sup>3</sup>, Mohammad Reza Rabiee (MSc)<sup>4</sup>

<sup>1</sup> Assistant Professor, Department of Pediatrics, Gorgan University of Medical Sciences, Gorgan, Iran.

<sup>2</sup> General Phisician, Golestan Research Center of Gastroenterology and Hepatology, Gorgan University of Medical Sciences, Gorgan, Iran. <sup>3</sup> General Phisician. <sup>4</sup> Academic Instructor, Department of Mathematics University of Shahrood Technology, Sharood, Iran.

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**Abstract**

**Background & Objective:** Health evaluation and growth monitoring of the infant is a visual diagram of growth and primary health services are based on it. In the best option, these indices must be provided separately for each community. This study was done to evaluate growth indices of newborns in Gorgan- Northern Iran.

**Materials & Methods:** In this observational descriptive study which was carried out during (Oct-Nov 2003), all healthy infants without any major abnormality born within 25-42 weeks of gestational age were evaluated in Dezyani Hospital, Gorgan growth indices (head circumference, length and height) were measured in 1011 infants. Gestational age was defined by Balard scoring and delivery type was recorded, too. After entering data into SPSS-10 software, data were analyzed using chi-square, t-test and correlation bivariate.

**Results:** Mean gestational age ( $\pm$ SD) was 39.86 $\pm$ 1.72 weeks and most of them were born by vaginal delivery. Amongst them, 3.2% were premature (less than 37 weeks), 4.4% were low birth weight and 0.69% were very low birth weight. Correlation between growth indices and gestational age was significantly positive in all cases ( $p < 0.05$ ).

**Conclusion:** This study showed that growth indices are lower than other parts of Iran. Further investigations needed, especially longitudinally and cross-sectional, to determine the growth indices in this region and in other parts of country.

**Key Words:** Growth indices, Infant, Gestational age

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\* Corresponding Author: *Sima Besharat (MD)*, E-mail : *s\_besharat\_gp@yahoo.com*

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