

Job Aid: Measurement reminders

Oregon measurement requirements

- Oregon WIC requires only one measurement.
- Take a second measurement if:
 - You feel that the first measurement was inaccurate. An inaccurate measurement could happen with an equipment malfunction, uncooperative child or if something is touching the scale.
 - When reviewing the growth chart, the measurement is not following the established pattern or previous channel lines.

Taking Weight

	Age 0 – 24 months	Age 2 years to adult
Equipment	Table-top scale with paper covering	Standing scale, no paper covering required
Clothing	Dry diaper, t-shirt or no clothes	Remove shoes and coats/sweatshirts
Adjustments	None - do not subtract weight of diaper and clothes	None - do not subtract weight of clothes

Taking Height/Length

	Age 0 – 24 months	Age 2 years to adult
Equipment	Lying down on recumbent measure board with paper covering	Standing on stadiometer, no paper covering required
Clothing	Dry diaper, t-shirt or no clothes	Remove shoes and coats/sweatshirts
Adjustments	Remove anything (hats, barrettes, headbands, buns, etc.) that interferes with positioning the top of the head against the end of the measure board	Remove anything (hats, barrettes, headbands, and buns, etc.) that interferes with placing the height indicator on the top of head

When special documentation is needed in the data system

- When using measurements from outside sources (document measurement, date of measurement and where measurement was taken)
- If unsure measurement is accurate
- When child is weighed in parent's arms
- When children over 2 years are measured lying down

Conversion tables

Balance Beam Scale WEIGHT 1/8 pounds to ounces	
Scale reading	Ounce equivalent
1/8	2
1/4	4
3/8	6
1/2	8
5/8	10
3/4	12
7/8	14

Digital Scale - WEIGHT decimal to ounces	
Scale reading	Ounce equivalent
.1	2
.2	3
.3	5
.4	6
.5	8
.6	10
.7	11
.8	13
.9	14

Digital Stadiometer HEIGHT decimal to inches	
Decimal height reading	1/8 inch equivalent
.125	1/8
.25	1/4
.375	3/8
.5	1/2
.625	5/8
.75	3/4
.875	7/8

Prenatal target weight gain

Pregnancy Target Weight Gain Range		
Pre-pregnancy BMI	Pre-pregnancy weight status	Weight gain
BMI < 18.5	Underweight	28 – 40 pounds
BMI 18.5 – 24.9	Normal weight	25 – 35 pounds
BMI 25.0 – 29.9	Overweight	15 – 25 pounds
BMI > 30.0	Obese	11 – 20 pounds
Pregnancies with twins, triplets and more have different guidelines.		