

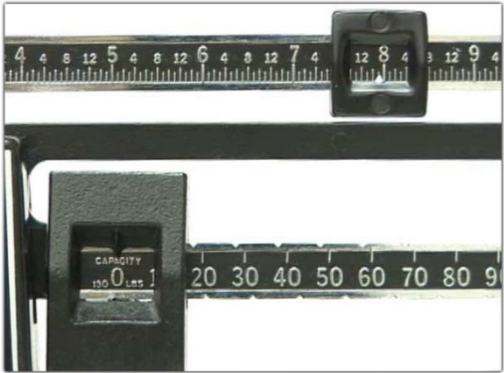
# Level 2 Anthropometrics

---

## The Basics

---

Level 2	All CPA's must complete
Type	Online – Workday Learning Oregon
Completion time	2.5 hours
Complete	Within 6 months of hire
Certifiers Guide	<a href="#">4-5: Anthropometrics</a>
Posttest	Online – Workday Learning Oregon
Completion	<a href="#">Form</a>



## Course Objectives

---

The *Anthropometrics* online course consists of 2 lessons; an online course and a supplemental PowerPoint slide deck that covers head circumference. Certifiers need to complete both. This course focuses on techniques for obtaining accurate growth measurements for WIC participants and provides a basic understanding of growth charts. The following objectives are organized by the modules in which they are covered within this course. Upon completion of this course, learners will be able to:

### Anthropometric measurements

- Define anthropometric assessment.
- Identify the measurements used during WIC anthropometric assessments.
- State main purpose of a WIC anthropometric assessment.
- List four factors that impact growth and development.
- Identify the two types of scales used to measure the weight of infants and young children.
- State one reason it is important to obtain accurate and precise measurements.
- Describe the correct technique to measure the weight of an infant or young child.
- Describe the technique for interpreting measurement results on the type of infant scales used in your clinic.
- Identify the two types of scales used to measure the weight of adults and older children.

- Describe the correct technique to measure the weight of an adult or an older child.
- Describe the technique for interpreting the measurement results on the type of standing scales used in your clinic.
- Demonstrate the correct technique for measuring the weight of an infant, a child less than 2 years old, a child between the ages of 2 and 5 years and a woman.
- List three common errors that can occur when weighing WIC participants.
- Define recumbent length and when to take a recumbent length measurement.
- Identify the equipment used to measure recumbent length.
- Describe the correct technique for measuring recumbent length.
- Describe the technique for reading measurement results from the recumbent length board.
- List three common errors that can occur when measuring recumbent length.
- Identify the equipment used to measure standing height.
- Describe the correct technique for measuring standing height with a stadiometer.
- Describe the technique for reading measurement results on a stadiometer.
- List three common errors that can occur when measuring standing height.
- State when it is acceptable to accept measurements taken outside of the WIC setting.
- Demonstrate the correct technique for measuring the length or height of an infant, child under the age of two years, a child between the ages of 2 and 5 years and a woman.

### **Understanding BMI and growth charts**

- Describe the two types of growth charts for infants and children.
- Define percentile.
- Describe how to interpret growth charts with percentiles.
- Define BMI and when it is used.
- Describe how to interpret BMI growth charts.
- Practice interpreting growth charts.
- Describe how to determine pre pregnancy weight.
- Describe how to interpret prenatal weigh gain grids including total weight gain ranges and weight gain by trimester.
- Define prematurity and adjusted age.
- Describe how to interpret an adjusted age graph.

## Head Circumference supplement

- Routinely obtain accurate head circumference measurements at certification appointments for all infants and children under 2 years of age.

## Learning activities

---

Just completing an online course will not ensure the new staff can complete and record measurements correctly, so observing staff take measurements will be important.



### Module 1: Anthropometric Measurements

- Demonstrate for the learner the correct technique for measuring the weight and length or height of:
  - an infant
  - a child less than 2 years old
  - a child between the ages of 2 and 5 years
  - a woman
- Have the learner practice performing the correct technique for measuring the weight and length or height of:
  - an infant
  - a child less than 2 years old
  - a child between the ages of 2 and 5 years
  - a woman
- Observe the learner performing the correct technique for measuring the weight and length or height of:
  - an infant
  - a child less than 2 years old
  - a child between the ages of 2 and 5 years
  - a woman
- Make sure the staff person is following the guidelines in [Policy 628](#), specifically staff need to:
  - Weigh or measure infants and children up to 24 months completely undressed or with a dry diaper and lightweight underclothes.
  - Weigh and measure woman and children over the age of two years without shoes or heavy outer clothing.
  - Remove hats, hair accessories, and reposition ponytails or buns if they prevent accurate measurements.
  - Cover infant scales with paper liners that can be changed for each participant. It is not necessary to use liners for standing measurements.

- Obtain a second measurement when staff feel the first was inaccurate for any reason.

## Module 2: Understanding BMI and growth charts

- Review the anthropometric nutrition risks. risks with the learner and discuss when it is appropriate to refer the participant to the WIC nutritionist or their health care provider.
- Discuss with the learner the different types of growth charts. Have the learner practice interpreting percentiles for all participant categories.

### Resources

The resources section of the course includes many links where more information can be found. The learner may print the [Job Aid: Measurement Reminders](#) to use when first measuring participants.

### Posttest Questions and Answers

---



Online posttest is scored automatically. There are 24 questions.

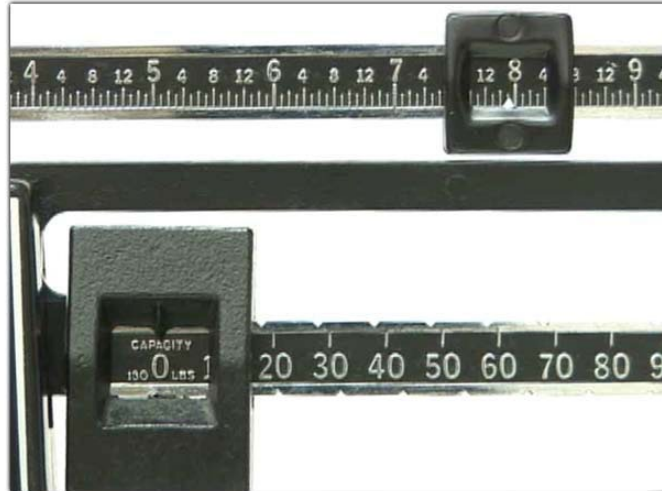
1. Anthropometric means:  
**Study of body measurements.**
2. Select the FOUR factors that affect growth:  
**Hormonal**  
**Environmental**  
**Behavioral**  
**Genetic**
3. Round this measurement from pounds, ounces and tenths of an ounce to pounds and ounces.  
**20 lbs 10 ounces**



4. True or False: Recumbent length is similar to measuring height, but since infants cannot stand, you measure them lying down on their stomach.

**False**

5. Select the correct reading for the following balance beam measurement:  
**7 pounds 15 ounces**



6. Use the following table to convert the decimal measurement into eighths:  
**58 5/8"**

Decimal	1/8 <sup>th</sup>
.125	1/8
.25	2/8
.375	3/8
.5	4/8
.625	5/8
.75	6/8
.875	7/8



7. What is the correct ounce conversion for 18 1/4 pounds?

**18 pounds 4 ounces**

8. In taking length or height, what is the smallest unit of measurement?

**1/8 inch**

9. What is BMI?

**Body Mass Index. It's the calculation used to determine if someone is underweight, normal, overweight or obese.**

10. What are the **TWO** reasons why growth charts are helpful?

**They help compare growth to other kids the same age and gender**

**They help determine if a person is overweight, underweight, normal or obese**

11. True or False: BMI is calculated for all participants.

**False**

12. \_\_\_\_\_ determines how much weight women should gain during pregnancy.

**Pre-pregnancy BMI**

13. If a baby was born 10 weeks premature, and the mother brings in the child 3 weeks after her due date, what is the child's adjusted age?

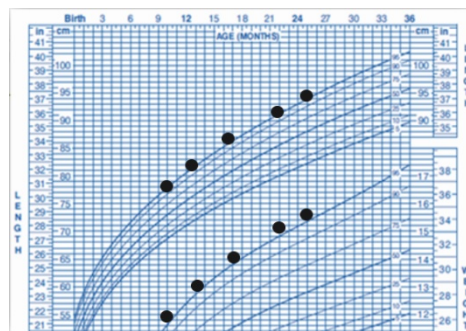
**3 weeks**

14. A full term pregnancy consists of how many weeks?

**40**

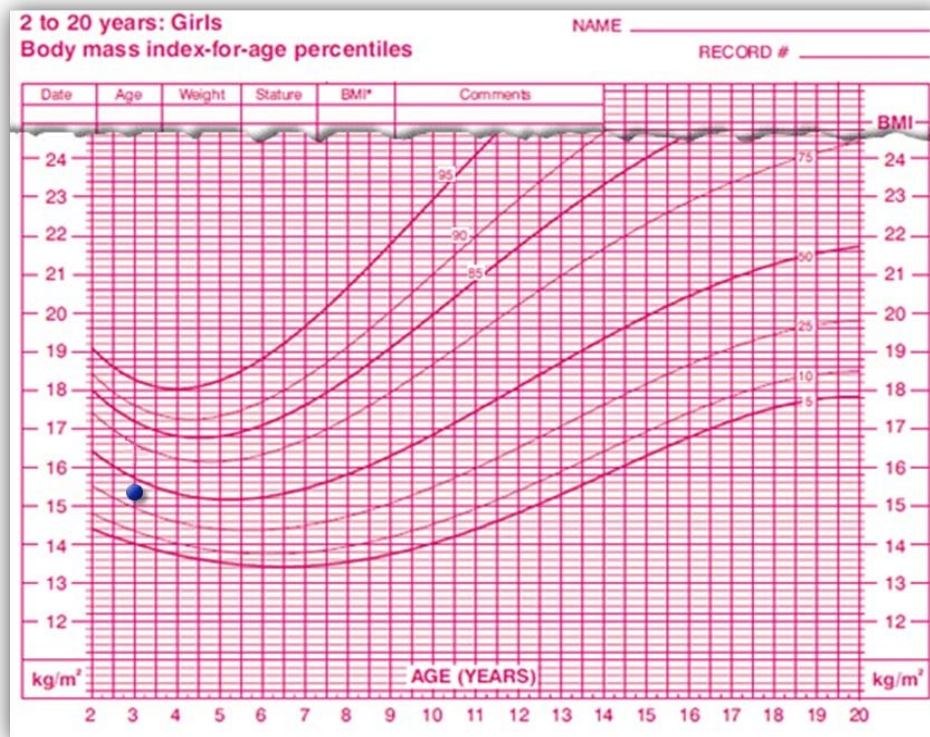
15. Which statement best matches the interpretation of the growth chart?

**The child is growing at a steady pace.**



16. Which statement best matches the interpretation of the growth chart?

**This chart shows a 3 year old girl whose BMI is between the 25<sup>th</sup> and 50<sup>th</sup> percentiles.**



17. What are the **TWO** types of scales used to weigh infants?

**digital**  
**balance beam**

18. In WIC, **THREE** anthropometric measurements include:

**Length**  
**Weight**  
**Height**

19. True or False: Anthropometric measurements are used to help identify health risks.

**True**

20. Which answer is **NOT** an example of an accurate or precise measuring technique?

**weighing an infant with a dirty diaper**

21. True or False: A stadiometer can be used to measure infants.

**False**

22. True or false. WIC can accept measurements from a health care provider? If they are taken within 60 days before the WIC appointment.

**True**

23. Babies born on or before \_\_\_\_\_weeks of gestation are considered pre-term.

**37**

24. True or False: Children with special needs may be difficult to assess using standard growth charts.

**a. True**