

**Indiana WIC Program  
Indiana State Department of Health**

**Anthropometric Measurements**

**Policy**

Local Agency (LA) staff shall use standard procedures for performing anthropometric measurements. The nutrition risk criteria cut-off value for the anthropometric risk factors will be used to determine when a growth and weight problem exists.

**Authority**

7 CFR Part 246.7 (e)(1)(i)(A)(B), (ii)(A)

**Procedures**

- I. Anthropometric measurements shall be performed by a CPA or a Qualified Staff Person (see definitions list).
- II. Anthropometric measurements are to be completed as part of the nutrition assessment at each client certification and Mid-certification Screening and Medical Data Update for clients in an extended certification. The CPA may schedule additional anthropometric measurement checks based on previous measurement findings.
- III. Verbal or written anthropometric measurements received from non-WIC health providers can be used if measurements are less than 60 days old. Enter in INWIC using the actual date the measurement was taken.
  - A. Measurements obtained over the telephone shall include the date of the call, date measurements were collected and the name of the non-WIC health care professional.
  - B. Measurements obtained in writing shall include the name of non-WIC provider and the date the measurements were collected.
  - C. Measurements may need to be reassessed to verify significant changes (e.g., an infant's weight and length or a prenatal woman's weight).
  - D. Document source of verbal or written non-WIC provider information in the comments box of the anthropometric data field.

IV. Accurate height and length measurements are to be performed by a CPA or a Qualified Staff Person per standardized procedures.

A. Recumbent length measurements are performed on all infants and children up to two years of age, or for children between two and three years of age who do not meet the minimum 31 inches standing height in order to plot on the 2-18 year old NCHS growth chart.

1. Place scale paper on recumbent measuring board, adequately covering the board. Discard paper after use.
2. Measure infant in a dry diaper, and without shoes. Children one year of age or older are measured in light clothing or in a dry diaper, and without shoes.
3. Place infant or child on his/her back on recumbent measuring board, with head touching the headboard.
4. Parent/guardian gently holds the infant/child's head against the headboard with infant/child looking straight up.
5. Infant/child's legs must be fully extended by gently applying pressure above infant/child's knees or rubbing the baby's belly to get them to extend their legs on their own.
6. Slide footboard to infant/child's feet until both heels touch the footboard.
7. Recumbent length measurement shall be rounded to the nearest 1/8 inch.
8. Measurement shall be recorded in the INWIC as a recumbent measurement.
9. For applicants/clients with special consideration, in the INWIC, document as "Disability" or "uncooperative client".

B. Standing height measurements are performed on all prenatal and postpartum adults and child applicant/clients two years of age and older.

1. Applicant/client shall be measured without shoes, on a horizontal flat surface.
2. For barefoot clients, use scale paper and discard after use.
3. Feet are flat on the floor, slightly apart, back as straight as possible with heels, buttocks, shoulder blades and back of head touching vertical measuring surface. Depending on overall body shape all points may not touch. In this case, the trunk should be vertical above the waist and arms and shoulders relaxed.

4. Lower headpiece until firmly touching crown of head. Ensure headpiece is in direct contact with head.
5. Standing height measurement shall be rounded up to the nearest 1/8 inch.
6. Measurement shall be recorded in the INWIC as a standing measurement.
7. For applicants/clients with special consideration, in the INWIC, select "Disability" from the drop down menu.

V. Accurate weight measurements are to be performed per standardized procedures.

A. Weight measurement using the infant scale is performed for all infants, and for children who are not weighed on the adult scale.

1. An infant shall be weighed in a dry diaper only. Children shall be measured in light clothing or in a dry diaper, and without shoes.
2. Place scale paper on scale bed, adequately covering the scale bed, and ensure scale is balanced at zero. Discard paper after use.
3. Place infant/child on the center of scale bed by laying child on his/her back, or sitting the infant/child up if able to sit.
4. Infant scale weight measurement will be rounded to the nearest whole ounce.
5. Measurement is recorded in the INWIC as pounds and ounces.

B. Weight measurement using the adult scale is performed for adults and children two years of age or older. Use adult scale when child's weight exceeds infant scale capacity.

1. Applicant/client shall be measured without shoes and heavy clothing. If barefoot, use scale paper. Discard paper after use.
2. Ensure scale is balanced at zero, have individual stand in center of scale platform.
3. Child and adult weight measurements will be rounded to the nearest 1/4 pound and then converted to ounces.
4. Measurement will be recorded in the MIS as pounds and ounces.

VI. Anthropometric measurements are entered in the INWIC and automatically plotted on appropriate growth or weight gain grids.

VII. An assessment of the findings and the updated growth/weight grids and BMI information will be completed by the CPA.

VIII. Infection Control Guidelines for Height and Weight Measurements

- A. Paper scale liners on the infant scales and recumbent boards is required as well as diaper changing tables.
- B. Paper scale liner on the adult scale is required for clients being weighed with bare feet.