

Anthropometry Instructions-WEIGHT

PROCEDURE FOR THE CHILD

1. Place scale on a firm, flat surface.
2. Make sure the scale is properly zeroed or balanced before start weighing the child
3. Attempt to have the child remove as many clothes (coat, jacket, hat, gloves, scarf, boots, shoes) as he/she or the mother/caregiver **feels comfortable doing it**

In case of difficulty in removing the child's clothes, let the child keep his/her shoes, but attempt the child removes his/her other garments.

4. Make sure the child sets aside any toy/book or other object he/she may be carrying
5. Ask the child to stand in the middle of the scale's platform. Do not touch the child and make sure the child does not touch anything off the scale or the scale itself.
6. Weigh the child in pounds to the nearest decimal. Record the child's weight on the data collection sheet. Repeat three times.
7. Check in the appropriate "garments boxes" **the clothes that the child did not take off.**

PROCEDURE FOR THE MOTHER/CAREGIVER

1. Place scale on a firm, flat surface.
2. Make sure the scale is properly zeroed or balanced before start weighing the participant
3. Ask the participants to remove any coats, heavy sweaters, shoes, keys or heavy pocket contents as **he/she feels comfortable** before standing on the scale.
4. Ask the participant to stand in the middle of the scale's platform with the body weight equally distributed on both feet.
5. Weigh the participant in pounds. Record the participant's weight on the data collection sheet. Repeat three times.
6. Check in the appropriate "garments boxes" **the clothes that the mother/caregiver did not take off.**

Anthropometry Instructions-HEIGHT

PROCEDURE FOR THE CHILD

Ask the child to remove his/her shoes, hats or hair barrettes.

1. Make the child stand with heels together, arms at sides, legs straight, and shoulders relaxed against the wall. Make sure that the child's buttocks and head are touching the wall.
2. Position child's head so that eyes are looking straight forward, without lifting chin. Tell the child to look straight ahead.
3. Lower the headboard to the highest point of the head. Make sure the hair is compressed.
4. Measure the height in inches to the nearest 1/8". Record the measurement on the data collection sheet. **Repeat three times.**

If braids are in the way record this next to the measurement on the sheet.

PROCEDURE FOR THE MOTHER/CAREGIVER

1. Ask the participant to remove shoes, hats or hair barrettes.
2. Ask the participants to stand with heels together, arms at sides, legs straight, and shoulders relaxed against the wall.
3. Participant's heels, buttocks, and shoulder blades and head should be in contact with the wall.

For participant who cannot place all four body parts against the board, be sure that at least the *buttocks and heels* or *buttocks and head* are touching the board.

4. Position participant's head so that eyes are looking straight forward, without lifting chin. Ask the participant to look straight ahead.
5. Lower the headboard to the highest point of the head. Make sure the hair is compressed.
6. Measure the height in inches to the nearest 1/8". Record the measurement on the data collection sheet. **Repeat three times.**

If braids are in the way record this next to the measurement on the sheet.

Garments Box **(DID NOT REMOVE)**

Child

Light jacket	Heavy winter type coat	Scarf	Hat	Boots	Shoes
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Parent

Jacket/coat	Gloves	Scarf	Hat	Boots	Shoes
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	Height (in) 1	Height (in) 2	Height (in) 3
Child			
Parent			