

Anthropometrics Observation Form

This form is designed for supervisor use during orientation and annual performance reviews to assure appropriate technique during anthropometric measurements. There are eight sections to this form:

1. Observation data
2. Calibration of Equipment
3. Recumbent Length
4. Infant Weight
5. Standing Height
6. Child/Adult Weight
7. Plotting on Growth Charts: Infant, Child and Pregnant Woman (optional)
8. Anthropometric Recording Sheet

Note: Areas shaded in gold are considered best anthropometry practice but are not required per Wisconsin WIC program policy.

Observation Data	
Name	
Date	
Passes Observation	Yes <input type="checkbox"/> No <input type="checkbox"/>
Print Observer Name	
Observer Signature	

Calibration of Equipment		
Passes this section- Observer sign (or initial) and date here:		
Task		Comments
	√	<i>Insert checkmark for each task completed appropriately</i>
Completes calibration of digital and/or beam scales using standardized weights		
Records weight on log for infant scale noting *tolerance limits		
Records weight on log for adult scale noting *tolerance limits		
Completes calibration of a recumbent length board using a standard rod		
Records length on log for infant board		
Completes calibration of stadiometer using a standard rod		
Records length on log for stadiometer		

**Tolerance limit is defined as the numerical difference between measures that is still accurate.*

Recumbent Length		
Passes this section- Observer sign (or initial) and date here:		
Task		Comments
	√	<i>Insert checkmark for each task completed appropriately</i>
Checks positioning of equipment		
Uses clean drape cloth		
Gets infant/child ready for measurement: coat and heavy clothing are removed		
shoes are removed		
hair accessories that would interfere with measurement are removed		
Positions infant/child correctly: uses 2 people to position infant/child		
infant/child is on back with body straight		
head is against backboard, eyes straight upward		
both legs are fully extended		
heels of both feet are touching footboard		
Records measurement immediately after measuring, to nearest 1/8 inch		
Removes infant/child from length board and repeats measurement		
Checks measurements to see if they agree within 1/4 inch and repeats until 2 measurements agree within 1/4 inch		
Records the larger of those 2 measurements		
Records as recumbent length measurement		
If unable to obtain an accurate measurement, documents reason on data entry form		

Infant Weight		
Passes this section- Observer sign (or initial) and date here:		
Task		Comments
	√	<i>Insert checkmark for each task completed appropriately</i>
Checks positioning of equipment		
Uses clean drape cloth		
Zero balances scale		
Gets infant ready for measurement shoes are removed		
clothing is removed so infant is nude or in dry diaper		
Positions infant on center of scale platform		
Records weight to nearest ounce		
Removes infant from scale; zeroes scale; repeats measurement		
Checks measurements to see if they agree within 1/2 ounce and repeats until 2 measurements agree within 1/2 ounce		
Records the larger of those 2 measurements		
If unable to obtain an accurate measurement, documents reason on data entry form		

Standing Height		
Passes this section- Observer sign (or initial) and date here:		
Task		Comments
	√	<i>Insert checkmark for each task completed appropriately</i>
Checks positioning of equipment		
Gets client ready for measurement: coat and heavy clothing is removed		
shoes are removed		
hair accessories that would interfere with measurement are removed		
Checks client's standing position: standing upright with back as straight as possible		
*heels, buttocks, shoulder blades and head touch the measuring surface		
eyes are straight ahead		
arms are at sides		
shoulders are relaxed		
legs are straight		
heels are slightly apart and flat on the floor		
Moves head board to touch the crown of the client's head		
Reads measurement with measurer's eye parallel to head board		
Records measurement immediately after measuring, to nearest 1/8 inch		
Has client move away from stadiometer and step back into place; re-positions and re-measures		
Checks measurements to see if they agree within 1/4 inch and repeats measurements until two agree within 1/4 inch		
Records the larger of those two measurements		
If unable to obtain an accurate measurement, documents reason on data entry form		

** If this position cannot be attained due to client's physical characteristics such as obesity or bow-leg, be sure to use a minimum of two contact points (back of head + buttocks, buttocks + heels) to keep trunk vertical and balanced over waist.*

Child/Adult Weight		
Passes this section- Observer sign (or initial) and date here:		
Task		Comments
	√	<i>Insert checkmark for each task completed appropriately</i>
Checks positioning of equipment		
Gets client ready for measurement: coat and heavy clothing is removed		
shoes are removed		
Positions client on center of platform		
Records measurement immediately after measuring to nearest 1/4 pound.		
Has client step off scale; zeroes scale; re-weighs client		
Repeats until two measurements agree within 1/4 pound		
Records the larger of the two measurements		
If unable to obtain an accurate measurement, documents reason on data entry form.		

Plotting on Growth Charts (Optional)

For plotting, the observer will provide data and tools to complete this section

- *Infant: date of birth, length and weight*
- *Child: date of birth, height and weight*
- *Pregnant woman: Pre-pregnancy weight, current weight, height, estimated date of delivery, pregnancy wheel*
- *Calculator*

Passes this section- Observer sign and date here:

Task	√	Comments
	√	<i>Insert checkmark by each row if completed appropriately</i>
Infant weight and recumbent length measurement: Downloads and prints or selects paper copy of appropriate growth grid <i>For WHO charts, see website</i> http://www.cdc.gov/growthcharts/who_charts.htm		
Calculates age		
Records measurement data on the chart		
Plots length for age		
Plots weight for length		
Child weight and height measurement: Downloads and prints or selects paper copy of growth grids <i>WIC works web site for Stature for Age</i> http://wicworks.nal.usda.gov/assessment-tools/growth-charts/wic-growth-charts#child <i>CDC website for BMI for age (2-20)</i> http://www.cdc.gov/growthcharts/clinical_charts.htm		
Records measurement data on the chart		
Plots BMI for age		
Plots height for age		
Prenatal weight gain grid: Calculates weeks gestation using a gestational wheel and EDD provided by reviewer Uses BMI formula to determine pre-pregnancy BMI= Weight (in pounds) ÷ height (in inches) ÷ height (in inches) X 703.		
Downloads and prints or selects paper copy of appropriate prenatal weight gain grid <i>WIC Works site</i> http://www.nal.usda.gov/wicworks/Sharing_Center/NC/prenatal_wt_charts.pdf		
Records measurement data on the chart		
Correctly plots weight gain		

Anthropometric Recording Sheet
To be used by person taking measurements.

Anthropometric Recording Sheet					
<i>To be used by person taking measurements.</i>					
Infant 1		Child 1		Adult 1	
Weight		Weight		Weight	
Weight		Weight		Weight	
Recorded		Recorded		Recorded	
Length		Height		Height	
Length		Height		Height	
Recorded		Recorded		Recorded	
Infant 2		Child 2		Adult 2	
Weight		Weight		Weight	
Weight		Weight		Weight	
Recorded		Recorded		Recorded	
Length		Height		Height	
Length		Height		Height	
Recorded		Recorded		Recorded	