

NH WIC Local Agency Staff Annual Anthropometrics Review

Adult/Child Height		
Standing, Child ≥ 24 months of age		
Task	Completed	Comments
Use a vertical stadiometer with a right angle headpiece. (check position of equipment)		
Remove shoes, heavy clothing, hats and hair accessories that will interfere with measurement.		
Position		
Heels, buttocks, shoulder blades and head touching the measuring surface.		
Looks straight ahead		
Arms at side		
Legs straight		
Feet flat		
Measurer's eyes shall be parallel with the headpiece		
Measure to the nearest 1/8 inch		
Documented reason in StarLINC if unable to obtain accurate measurement.		
Recumbent Length		
Infant/Child <24 months of age or up to 36 months of age if unable to stand		
Task	Completed	Comments
Infant in clean diaper		
Use clean tray liner		
Remove shoes, heavy clothing, hats and hair accessories that will interfere with measurement.		
Position Infant/Child Correctly:		
Utilize two people whenever possible. Ask caregiver to help.		
Placed on back with body straight		
Head is against backboard, eyes straight upward. Chin should not be tucked in against his chest or stretched too far back.		
Both legs fully extended		
Heels of both feet are touching footboard		
Measure to the nearest 1/8 inch		
Documented reason in StarLINC if unable to obtain accurate measurement.		

Adult/Child Weight		
Standing, Child ≥ 24 months of age		
Task	Completed	Comments
Use a calibrated beam balance or electronic scale/digital scale.		
Remove shoes, heavy clothing, hats and hair accessories that will interfere with measurement.		
Zero the scale.		
Position participant on center of scale.		
Measure to nearest 1 oz		
Documented reason in StarLINC if unable to obtain accurate measurement.		
Infant Weight		
Infant/Child <24 months of age or up to 36 months of age if unable to stand		
Task	Completed	Comments
Use a calibrated beam balance or electronic scale/digital scale.		
Infant/child in clean dry diaper		
Use clean tray liner		
Remove shoes, heavy clothing, hats and hair accessories that will interfere with measurement		
Utilize two people whenever possible. Ask caregiver to help.		
Place infant/child in center of the tray.		
Record weight to the nearest ounce.		
Documented reason in StarLINC if unable to obtain accurate measurement.		

Training Review	Completed
CDC WHO growth charts module https://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm	
HRSA module MCHB Growth Charts Training (washington.edu)	
Pregnancy Weight Gain Guidelines – Webinar and Toolkit Pregnancy Weight Gain Guidelines - Webinar and Toolkit WIC Works Resource System (usda.gov)	

Additional Comments:

Date: _____

Staff Name (Print & Signature): _____

Observer Name (Print & Signature): _____

Effective Date: 07/2021