



POLICY: Appropriate procedures and equipment will be used to obtain participant weight, length and height measurements in WIC clinics.

PURPOSE: To ensure consistent and accurate measurements are utilized to determine program eligibility.

RELEVANT REGULATIONS: §246.7 ¶(e)(1)(i)(A) and (B)—Required nutritional risk data
§246.7 ¶(e)(1)(ii)(A)—Weight and height or length
§246.7 ¶(e)(2)(i)(A)—Nutritional risk criteria

OREGON WIC PPM REFERENCES: ◆440—Staff Training Requirements
◆625—Risk Assessment
◆626—Hemoglobin and Hematocrit Screening
◆675—Risk Criteria Codes and Descriptions

DEFINITIONS: *Anthropometrics* Measuring the size and proportions of the human body. Anthropometric data associated with WIC includes weight, height, length, and head circumference.

Stadiometer Apparatus for measuring standing height.

Medical grade equipment Equipment suitable for use in a physician's office, hospital or other health care setting.

PROCEDURES:

- Allowable equipment*
- 1.0 Using appropriate medical grade equipment to obtain anthropometric measurements is essential for accuracy. Accurate weight and height or length measurements are required for determining risk assignment associated with eligibility screening during each certification and for counseling that occurs during individual follow up appointments and mid certification health assessments. Refer to ◆625—Risk Assessment.
 - a. Weigh infants and children under the age of two years on pediatric balance beam or electronic scales.
 - b. Weigh children over the age of two years and women on adult balance beam or electronic scales that are placed on a hard surface.
 - c. Measure infants and children under the age of two years lying on a recumbent measure board placed on a flat surface.
 - d. Measure children over the age of two years and women in a standing position with a stadiometer attached to a smooth flat surface perpendicular to the floor.

ANTHROPOMETRIC SCREENING, cont.

<i>Equipment maintenance</i>	1.1	All scales used for weighing participants must be professionally tested one time per year. Date of the most recent testing must be affixed to the equipment. Scales found to be out of calibration must be repaired, or replaced if damaged or defective, in a timely manner.
<i>Appropriate measuring techniques</i>	2.0	Refer to the “ <i>Oregon Online Anthropometric Course</i> ” for appropriate weighing and measurement techniques. Staff must complete this module prior to weighing and measuring participants. See ♦440—Staff Training Requirements. Clarifications regarding the weighing and measuring process: <ul style="list-style-type: none">• Weigh or measure infants and children up to 24 months of age completely undressed or with a dry diaper and lightweight underclothes.• It is not necessary to subtract the weight of the dry diaper or t-shirt.• Weigh and measure woman and children over 2 years of age in lightweight clothing. Remove shoes and all heavy outer wear.• Ask parents to remove hats, barrettes, ponytails or anything in a child’s hair which could prevent obtaining an accurate length or height measurement.• All staff must consistently weigh infants and children in the same state of undress so weights obtained at each contact will accurately reflect rates of growth and weight gain.• Cover infant scales with table paper or paper liners that can be changed for each participant. It is not necessary to use liners for standing measurements
<i>Self reported measurements</i>	2.1	Prepregnancy weights may be self reported. All other measurements must be obtained in the WIC clinic or from health care providers where the measurement was collected within 60 days before the current appointment. The source of the data must be documented in TWIST. Refer to ♦625—Risk Assessment.
	2.2	Obtain a second measurement only when staff feel that the first measurement was inaccurate for any reason such as an equipment malfunction or uncooperative child. Any concerns about the accuracy of measurements entered into TWIST should be documented in notes on the Medical Data Screen.
<i>Documentation</i>	3.0	All measurements will be documented on the participant’s Medical Data Screen in TWIST. TWIST will utilize anthropometric data to generate growth graphs, prenatal weight gain graphs and medical risks. Refer to the “ <i>Oregon Online Anthropometric Course</i> ” for information on interpreting graphs and measurements.
<i>Head Circumference</i>	4.0	Head circumference is not a required anthropometric measurement for certification. Obtaining optional head circumference information for entry into TWIST is at the discretion of the local program. ★

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