5. Anthropometrics

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<th>Competency</th>
<th>Certifier is able to:</th>
<th>Training Requirements</th>
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| Assess growth or prenatal weight gain based on weights and measurements and share with client. | View the DOH STATE WIC Anthropometrics course and complete the post-test with 80% or higher score.                                                                                                                                                                                   | Learning Management System  
Learning Management System  
- DOH STATE WIC Anthropometrics  
WIC Manual  
- Volume 1, Chapter 9 – Anthropometrics  
- Volume 1, Chapter 14 – Nutrition Risk Criteria  
Core WIC Training  
- Anthropometrics  
Measure children under 24 months on a recumbent length board.  
Measure children 24 months and older and women using stadiometer.  
Weigh infants and children under 24 months on pediatric scale.  
Weigh children 24 months and older and women using an adult scale.  
Record measurements and weights in computer.  
Assess growth or prenatal weight gain using graphs in computer system.  
Share child’s growth chart with client.  
Share prenatal weight gain grid with pregnant woman. |

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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