




Staff Tool: Unknown Measurements



Cascades requires weight and/or height or length on specific screens and participants may not have the information available. In order to complete the certification, staff must enter data.

Use participant centered skills to ask probing questions or take additional steps to help participants identify or estimate measurement data. When the participant can't estimate the data, use the guidance below.

1. Pregnant participant doesn't know their pre-pregnancy weight.

Unknown measurement	What to do																																			
<p>Adult pre-pregnancy weight</p> <p>Note: Use weight neutral approach when asking participants about weight. Create a safe, non-judgmental space and respect participant’s needs and sensitivity.</p>	<p>Consider the following probing questions:</p> <ul style="list-style-type: none">• What is your usual weight?• Can you estimate what you weighed prior to getting pregnant?• How much did you weigh when you found out you were pregnant?• Is there a weight listed on your form of ID? <p>Have participant obtain from their patient portal, such as MyChart.</p> <p>Consider asking the participant to look at:</p> <ul style="list-style-type: none">• Driver's license• DMV-issued card• Foreign-issued card• U.S. Military ID card, Common Access Card (CAC) <p>Use the weight from last entry in Cascades Anthro/Lab screen in the History container (if applicable).</p> <div><table><caption>Height/Weight</caption><tr><th>Measurement Date</th><th>Age at Measurement</th><th>Height</th><th>Weight</th><th>BMI</th></tr><tr><td>6/15/2021</td><td>33</td><td>66 in</td><td>200 lb, 0 oz</td><td>32.3</td></tr><tr><td>9/12/2019</td><td>31</td><td>69 in</td><td>245 lb, 0 oz</td><td>36.2</td></tr><tr><td>4/18/2019</td><td>31</td><td>69 in</td><td>250 lb, 0 oz</td><td>36.9</td></tr><tr><td>2/14/2019</td><td>31</td><td>69 in</td><td>257 lb, 0 oz</td><td>37.9</td></tr><tr><td>1/16/2019</td><td>31</td><td>69 in</td><td>250 lb, 0 oz</td><td>36.9</td></tr><tr><td>12/11/2018</td><td>30</td><td>69 in</td><td>248 lb, 3 oz</td><td>36.6</td></tr></table></div> <p>When a participant doesn’t know and can’t estimate, use the following:</p> <ul style="list-style-type: none">• Weight 150 pounds• Write a note in the Individual Care Plan “<i>Ppt. doesn’t know Wt. entered SRA.</i>” <p>Note: SRA is a new abbreviation for State Recommended Amount.</p>	Measurement Date	Age at Measurement	Height	Weight	BMI	6/15/2021	33	66 in	200 lb, 0 oz	32.3	9/12/2019	31	69 in	245 lb, 0 oz	36.2	4/18/2019	31	69 in	250 lb, 0 oz	36.9	2/14/2019	31	69 in	257 lb, 0 oz	37.9	1/16/2019	31	69 in	250 lb, 0 oz	36.9	12/11/2018	30	69 in	248 lb, 3 oz	36.6
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Adult height	<p>Consider asking the participant to look at:</p> <ul style="list-style-type: none"> • Driver's license • DMV-issued card • Foreign-issued card • U.S. Military ID card, Common Access Card (CAC) <p>Participant obtains from their patient portal, such as MyChart.</p> <p>Ask participant if there's a height listed on their form of ID?</p> <p>Ask participant if they can estimate height.</p> <p>When the participant doesn't know and can't estimate, use:</p> <ul style="list-style-type: none"> • The average height for female in U.S, which is 64 inches. • Write a note in the Individual Care Plan <i>"Ppt. doesn't know Ht. entered SRA"</i>
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2. Caregiver doesn't know the infant's birth weight (BW) and birth length (BL) required for Postpartum/Breastfeeding (PP/BF) certification.

Unknown measurement	What to do
<p>Infant's birth weight and length</p> <p>Note: The infant's birth weight and length aren't required for the infant's Initial Certification. However, this information is needed for the WIC participant PP/BF subsequent certification.</p>	<p>Ask caregiver to share from one of the following:</p> <ul style="list-style-type: none"> • Discharge paperwork from hospital • Birth Certificate • Crib card from hospital • Participant's patient portal, such as MyChart. <p>If caregiver can't find and doesn't know the infant's birth weight and length, use the following:</p> <p>Full term:</p> <ul style="list-style-type: none"> • Birth weight: 8 pounds, 0 ounces • Birth length: 20 4/8 inches <p>Pre-term:</p> <ul style="list-style-type: none"> • Birth weight: 5 pounds • Birth length: 17 inches <p>Or</p> <ul style="list-style-type: none"> • Enter weight/length at the 50%ile for best estimate of gestational age at birth. <p>Write a note in the Individual Care Plan <i>"Caregiver doesn't know BW/BL, entered SRA."</i></p>

PP/BF Health Information Screen – Participant Health Information

The screenshot shows the 'Participant Health Information' section of the PP/BF Health Information Screen. It includes fields for Delivery Date (2/17/2025), Weight at Delivery (176 lb.), Number of Fetuses this Pregnancy (1), Gravida (1), Para (0), Medical Home (dropdown), and Infant 1 Outcome (Live Term Birth). The 'Delivery Type' field is highlighted with a red box and a red error icon. The 'Weeks Gestation' field is also highlighted with a red box and a red error icon. The 'Measurement Units' field is set to 'Standard'. The 'Birth Length' and 'Birth Weight' fields are also highlighted with red boxes and red error icons.

PP/BF Health Information Screen – Miscarriage, fetal or neonatal death outcome

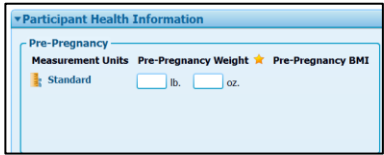

The screenshot shows the 'Postpartum' section of the PP/BF Health Information Screen. It includes three tabs: 'Labor Medications Selected', 'Health Conditions', and 'Pregnancy Induced Health Condition'. The 'Infant 1 Outcome' is set to 'Miscarriage'. The 'Delivery Date' is 2/10/2025, 'Weight at Delivery' is 176 lb., 'Number of Fetuses this Pregnancy' is 1, 'Gravida' is 1, 'Para' is 0, 'Medical Home' is a dropdown, and 'Weeks Gestation' is 18. The 'Measurement Units' field is set to 'Standard'. The 'Birth Length' and 'Birth Weight' fields are also highlighted with red boxes and red error icons.

Note: When staff complete a subsequent certification on a participant who has experienced a miscarriage, fetal or neonatal death, the Health Information screen of the Non-BF PP participant will automatically add a tab titled “Infant” to the Breastfeeding Information section.



Staff need to be very careful not to point this out to participants. Staff need to be discreet when they interact with the participant. Nothing needs to be filled out on this tab, even though it has a star. The tab remains on the record for two years.

3. PP/BF Participant doesn’t know their weight at delivery.

Unknown measurement	What to do
<p>Adult weight</p> <p>Note: Use weight neutral approach when asking participants about weight. Create a safe, non-judgmental space and respect participant’s needs and sensitivity.</p>	<p>Consider the following probing questions:</p> <ul style="list-style-type: none"> • Would you be willing to estimate? • What is your usual weight? • How much weight did you gain this pregnancy? • Can you estimate what you weighed at your last prenatal appointment before delivery? <p>Use the weight from last entry in Cascades Anthro/Lab for this pregnancy.</p> <p>Participants obtains from their patient portal, such as MyChart.</p> <p>Participant doesn’t know and can’t estimate weight at delivery, use the following:</p>

	<ul style="list-style-type: none"> Weight – add 25 pounds to the pre-pregnancy weight. Write a note in the Individual Care Plan <i>“Ppt. doesn’t know Wt. entered SRA”</i> <p>BF-Participant Health Information screen</p> <div>   </div>
Adult height	Not needed on Health Info screen.

Questions & Answers

Questions	Answers
What if the child applicant is in the clinic, and staff are unable to get measurements because the child is extremely squirmy?	Change Physical Presence to “No” and select “Remote Appointment.” By selecting this option, the Required Guidance: Remote Certification for missing measurements apply. Document the situation in the Individual Care Plan.
Can staff correct measurements in Cascades after the certification?	No, incorrect measurements can only be fixed on the day they are entered. Note: Birth weight and length can be changed at any time.
Can System Admin or Cascades contractor fix the inaccurate measurements if participants share the correct ones later?	No, neither System Administrator staff nor Cascades contractors can change incorrect measurements. Staff document the correct measurements in the Individual Care Plan. Contact Cascades Support if you need more guidance.
<p>This institution is an equal opportunity provider. Washington WIC doesn’t discriminate.</p> <p>To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email wic@doh.wa.gov.</p> <div>   </div> <p>DOH 961-1327 April 2025</p>	