



Washington WIC – Certifier Competency Training Worksheet

5. Anthropometrics

Competency	Certifier is able to:	Training Requirements
Assess growth or prenatal weight gain based on weights and measurements and share with participant.	<ul style="list-style-type: none">• Measure in the clinic or obtain measurements from a health care provider:<ul style="list-style-type: none">○ Recumbent length - children under 24 months of age.○ Weight - infants and children under 24 months of age (infant scale).○ Standing height - children 24 months of age and older and adults.○ Weight - children 24 months of age and older and adults using (adult scale).• Record measurements and weights in participant's file.<ul style="list-style-type: none">○ If measurements unavailable, make an attempt to obtain them within 60 days and document attempt in Family Alert.○ If measurements received, assess risk, offer nutrition education and referrals as needed. Document follow up in participant's file.• Assess growth charts and prenatal weight gain grids in Cascades.• Offer to share child's growth chart with caregiver.• Offer to share prenatal weight gain grid with pregnant participant.• Determine when to refer participants to dietitian for high risk care plan.	<ol style="list-style-type: none">1. Complete the following in the Learning Center (LC)<ul style="list-style-type: none">• DOH STATE WIC Anthropometrics Curriculum<ul style="list-style-type: none">• Complete the post-test with 80% or higher score2. Review all information below: WIC Manual - Volume 1<ul style="list-style-type: none">• Chapter 9-Anthropometrics• Chapter 14-Nutrition Risk Criteria<ul style="list-style-type: none">○ See tables on pages 6-15 in policy chapter to identify anthropometric risks per participant category.<ul style="list-style-type: none">▪ Review these risks in the chapter.



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

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.
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