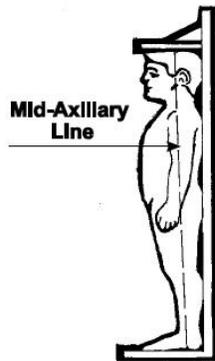




Measuring The Height Of An Adult Or Child 2 Years Or Older Using A Digital or Manual Stadiometer

1. Have client remove heavy clothing and shoes. At a minimum, remove outer clothing (jackets, hats, etc) and flatten big hair styles.

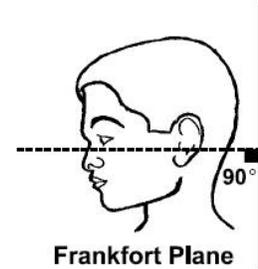


2. The child or adult should stand tall and straight, with shoulders level, hands at sides, knees or thighs together and feet flat on floor or foot piece. The ear should line up with the middle of the shoulder and the middle of the arch in the foot (see figure on left). The **head, heels, buttocks** and **shoulder blades (or as many of these as possible)** should touch the wall or surface of the measuring board.

3. The person taking the measurement should be directly to the side of the child or adult.

4. The middle of the participant's ear (the hole) should line up with the bottom of the eye (just below the eye). This may cause the participant to be looking slightly downward. It will allow you to appropriately measure at the crown of the head.

5. If you are measuring an adult, ask her to take a deep breath. If you are measuring a child, press lightly on their stomach. This will allow them to achieve their full height. (National Center for Health Statistics).



6. Lower the headboard (or right angle block) until it firmly touches the crown of the head and creates a right angle with the measurement surface. Ensure that the lower body stays in position.

7. Read the stature where the underside of the headboard touches the top of the head or where the measuring board indicates. Many states record the length to the nearest 1/8th inch (in). (Check your state's requirement.)

8. Have the client step away from the headboard. Raise the headboard, then have the client step back under.

9. Lower the headboard, and take a second measurement.

- a. If the two measurements are within 1/4" you can enter either of the two measurements into the WIC computer system.

- b. If the two measurements are not within 1/4" take a third, then take the two closest measurements of the three, and average them. This value can then be entered into the WIC computer system.

- c. Make sure to check your state's requirements.



10. Immediately record the measurement in the client's record. Additionally, record anything that could affect the measuring process, such as a big hairstyles, etc.

Always measure a woman's height at Certification.

Most Common Errors In Measuring Height:

- Incorrect equipment for the age of the child
- Shoes and hats not removed
- Feet not straight or flat on floor
- Shoulder, buttocks, head, and heels not firmly against backboard
- Head not held straight or eyes not looking forward
- Head not firmly against headboard; remove braids, barrettes, pony tails or anything that prevents board from resting against the head. If unable to do so, record in WIC computer system.
- Knees bent