

Answer Key for Anthropometrics Manual

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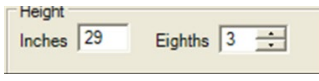
Self-Checkpoint 1

1. Any of the following responses are correct:
 - **Measuring length/height and weight is a required component of certifications in WIC**
 - **Results of the measures may identify possible or overt problems (e.g.: under or overweight)**
 - **Results of the measures are used in determining/planning education and counseling**
 - **Results of the measures are compiled to create reports that describe the WIC population**
 - **Results of the measures are compiled to create reports that are used by policy makers**
2. Any of the following responses are correct:
 - **Same as above**
3. **False**
4. **True**
5. **True**
6. **Any of the following are correct (many other responses would also be correct)**
 - Smoking
 - Drug or alcohol use
 - Good or poor dental hygiene
 - Active or sedentary lifestyle
 - Taking or not taking prenatal vitamins

Self-Checkpoint 2

1. **c**
2. **True**
3. **False**
4. **Answers below**

- a. True
 - b. None of the risk codes will be assigned
5. a
 6. d
 7. a
 8. a
 9. Answers below:

a. $29 \frac{3}{8}$ enter as 

b. $29 \frac{3}{4}$ enter as 

c. $29 \frac{1}{2}$ enter as 

Self-Checkpoint 3

1. False
2. True
3. 12
4. $\frac{1}{4}$ and $\frac{3}{4}$
5. 10 ounces

Self-Checkpoint 4

1. b
2. a
3. d
4. True

Self-Checkpoint 5

1. Answers below
 - a. 145 pounds 11 ounces
 - b. 128 pounds 13 ounces
 - c. 116 pounds 0 ounces
2. True

3. **False**
4. **True**
5. **True**
6. **d**

Self-Checkpoint 6

1. **Possible answers (any two of the following others also may be correct)**
 - shoes not removed
 - hat not removed
 - elaborate hairdo on crown of head
 - knees bent
 - Frankfort plane is not parallel to the floor
 - feet, legs not properly positioned (i.e., feet not flat on floor)
 - body not properly positioned (straight mid-axillary line not achieved)
 - child < 2 years measured standing
 - child > 3 years measured recumbent
 - measurer did not crouch to read measure at eye level or did not use step stool when shorter than the person being measured
2. **Possible answers (any two of the following others also may be correct)**
 - shoes not removed
 - outer, heavy clothing not removed
 - wet diaper present
 - body not centered on scale
 - child jumping or moving around on scale
 - person is weighed while holding some object such as toy or purse
 - nutrition staff is distracted from recording a measurement immediately following procedure and records an incorrect measurement later
 - scale not balanced at zero setting before weighing the participant
 - person being measured leaning on the wall or holding the stem of the scale
 - scale set to Kg

Self-Checkpoint 7

1. **a**
2. **d (none of the above, depends on child's ability to stand correctly and cooperate)**
3. **a**
4. **e**
5. **b**

Self-Checkpoint 8

1. **Answers below**

- a. True
- b. True
- c. True
- d. True
- e. False

2. **Answers below**

- a. 5th (BMI/age \leq 5th % = underweight; BMI/age $>$ and \leq 10th% = at risk of underweight)
- b. 85th
- c. 5th and 10th
- d. 95th

3. **Answers below**

- a. True
- b. True

Self-Checkpoint 9

1. **d**

2. **c**

3. **Answers below**

- a. True
- b. True
- c. False
- d. False
- e. False

4. **Her BMI= 18.3 which falls in the <18.5 (underweight) category. She should gain approximately 28 to 40 pounds.**

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