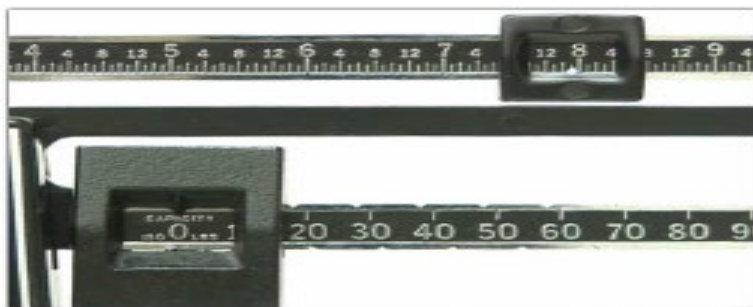


Answer Key for Anthropometrics Module Post-test

UPDATED MAY 2022

1. Anthropometrics means: (Select the correct answer)
 - a. Doing research on measurements of the body.
 - b. Studying about how to improve measurements of the body.
 - c. Taking measurements of the bodies of pregnant women, infants, and children.**
 - d. None of the above.
2. Select the 4 factors that affect growth: (Select multiple)
 - a. Hormonal**
 - b. Gastrointestinal
 - c. Environmental**
 - d. Psychological
 - e. Anthropomorphical
 - f. Behavioral**
 - g. Genetic**
3. Round the measurement **20.09.5** from pounds, ounces and tenths of an ounce to pounds and ounces.
 - a. 20 lbs 8 ounces
 - b. 20 lbs 11 ounces
 - c. 20 lbs 10 ounces**
 - d. 21 lbs 1 ounce
4. Recumbent length is similar to measuring height, but since infants cannot stand, you measure them laying down on their stomach.
 - a. True
 - b. False**
5. WHO percentiles are used to show:
 - a. How a child is growing compared to other children of the same age who grew in a particular time and place.
 - b. How a child should grow compared to other children their age under optimal conditions.**
 - c. How a child's Body Mass Index (BMI) compares to other children of the same age in a particular time and place.
 - d. How a child's standing height compares to other children of the same age under optimal conditions.

6. Select the correct reading for the following balance beam measurement:



- a. 7 pounds 4 ounces
- b. 7 pounds 5 ounces
- c. 17 pounds 15 ounces
- d. 7 pounds 15 ounces**

7. Use the following table to convert the decimal measurements of **58.625** into eighths:

Decimal	1/8 th
.125	1/8
.2	2/8
.375	3/8
.5	4/8
.625	5/8
.75	6/8
.875	7/8

- a. 58 1/8"
- b. 58 2/8"
- c. 58 3/8"
- d. 58 4/8"
- e. 58 5/8"**
- f. 58 6/8"
- g. 58 7/8"

8. What is the correct ounce conversion for 18 ¼ pounds?

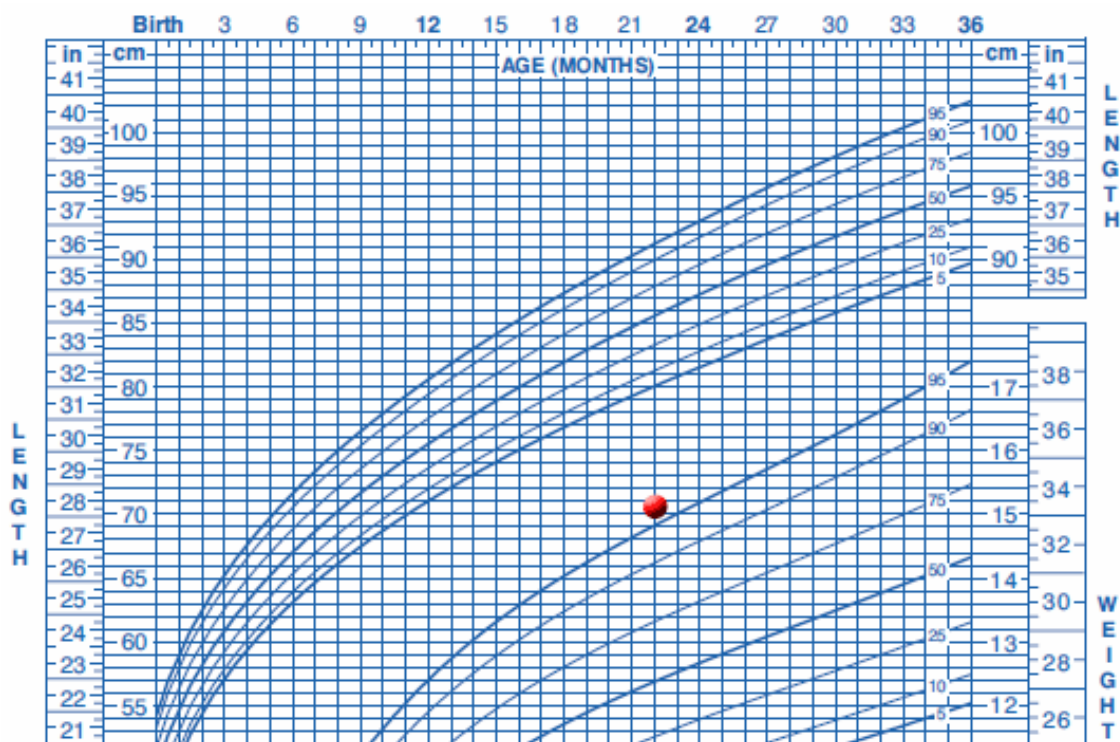
- a. 18 pounds 4 ounces**
- b. 19 pounds 0 ounces
- c. 18 pounds .25 ounces
- d. 18 pounds 2.5 ounces

9. In taking length or height, what is the smallest unit of measurement? (Select the correct answer)

- a. 1/6 inch
- b. 1/2 inch
- c. 1/4 inch
- d. 1/8 inch**

10. What does BMI stand for? (Select the correct answer)
- a. Body Man Index. It's used to measure how much a man weighs.
 - b. Body Mass Index. It's the calculation used to determine if someone is underweight, normal, overweight or obese.**
 - c. Bone Mass Index. It's a calculation of an individual's bone mass to see if osteoporosis is occurring.
 - d. Blood Mass Index. It's a calculation to determine how many red blood cells exist in the human body.
11. Why are the growth charts helpful? (Select multiple)
- a. They help compare growth to other kids the same age and gender.**
 - b. They help determine if a person is overweight, underweight, normal or obese.**
 - c. They help compare interpersonal growth and how mature an individual is.
 - d. They help compare how large a person's foot is to other feet of the same gender and age.
12. _____ determines how much weight women should gain during pregnancy. (Fill in the blank)
- a. The Nutritional Weight Gain Guide
 - b. Pre-pregnancy BMI**
 - c. The size of the fetus
 - d. How many children your client has
13. If a baby was born 10 weeks premature, and the mother brings in the child 3 weeks after her due date, what is the child's adjusted gestational age?
- a. 3 weeks**
 - b. 2 weeks
 - c. 12 weeks
 - d. 13 weeks
14. A full-term pregnancy consists of how many weeks?
- a. 42
 - b. 41
 - c. 43
 - d. None of the above**

15. Which of the interpretations most closely matches the red dot on this growth chart?

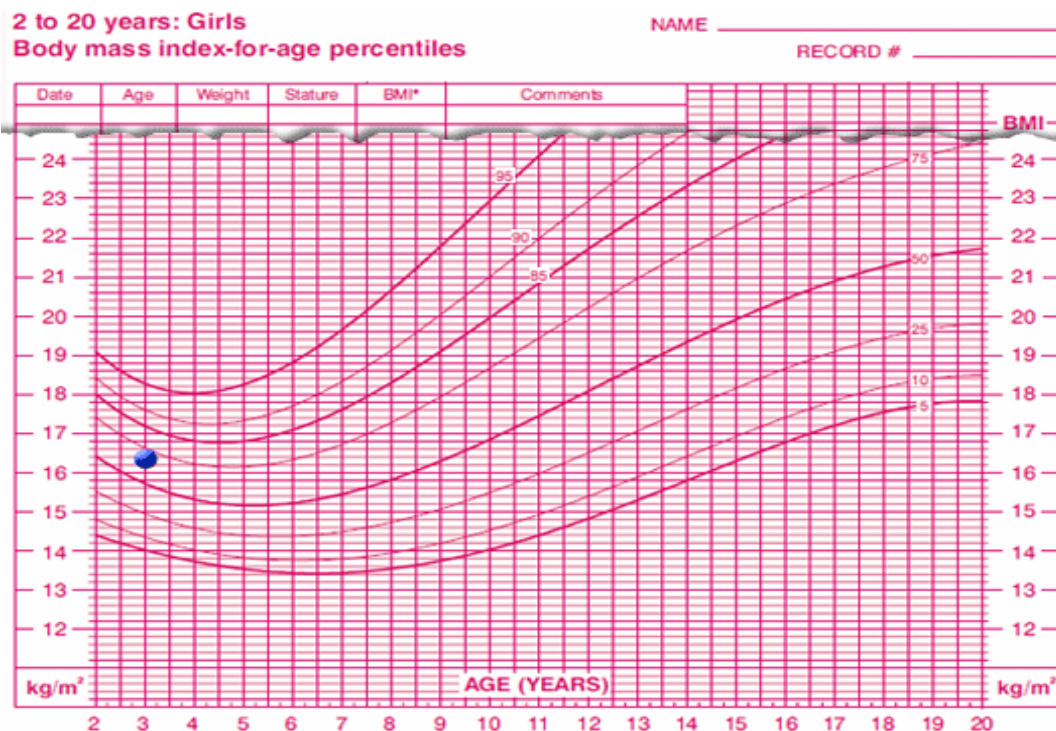


- Interpretation 1: This point shows an infant's weight-for-age at the 60% percentile. Because this falls between the 10th and 90th percentiles, this is considered a normal weight for this 22-month-old infant. This means the infant is heavier than 60% of other infants that age and weighs less than the other 40%.
- Interpretation 2: This point shows an infant's length-for-age at the 4th% percentile. Because it falls below the 5th percentile, this 22-month-old infant is categorized as short stature. This means the infant is shorter than 96% of other infants that age and taller than the other 4%.
- Interpretation 3: This point shows an infant's weight-for-age at the 97th% percentile. Because it is above the 95th percentile, this 22-month-old infant is categorized as overweight. This means the infant is heavier than 97% of other infants that age and weighs less than the other 3%.
- None of the above**

16. The National Institutes of Health (NIH), the American Academy of Pediatrics (AAP), and the Centers for Disease Control and Prevention (CDC) recommend utilization of the World Health Organization (WHO) growth standards for infants and children from:

- birth to two years of age**
- two to five years of age
- birth to five years of age
- three to five years of age

17. Which of the interpretations most clearly matches the purple dot on this growth chart?



- Interpretation 1: This point shows a 3-year-old girl with a BMI-for-age at the 40th percentile. Because this falls between the 10th and 90th percentiles, this is considered a normal BMI-for-age for a 3-year-old girl. This means that she has a higher BMI-for-age than 40% of other 3-year-old girls and a lower BMI-for-age than the other 60%.
- Interpretation 2: This point shows a 3-year-old girl with a BMI-for-age at the 98th percentile. Because it is above the 95th percentile, this 4-year-old girl is categorized as overweight. This means she has a higher BMI-for-age than 97% of other girls that age and a lower BMI-for-age than the other 3%.
- Interpretation 3: point shows a 3-year-old girl with a BMI-for-age at the 3rd percentile. Because it is below the 5th percentile, this 2-year-old girl is categorized as underweight. This means she has a lower BMI-for-age than 97% of other girls that age and a higher BMI-for-age than the other 3%.
- None of the above**

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