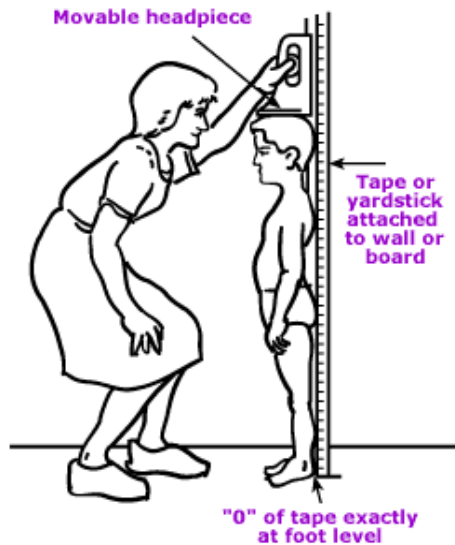
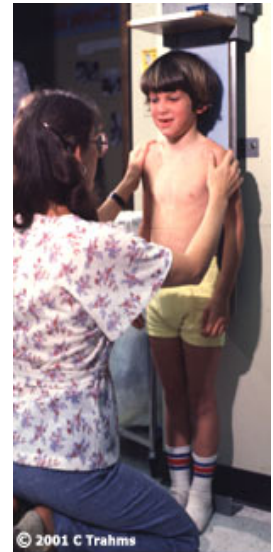


How to Weigh and Measure

1. Scales and measuring boards should be located in as private a location as possible. Locations such as hallways where others can see weight results should be avoided. Consider scales that will weigh extremely obese patients if appropriate to caseload.
2. Ideally a wall-mounted unit (stadiometer) should be used to obtain the most accurate height measurement. If a stadiometer is not available, improvise by attaching a paper or metal tape or yardstick to the wall, position the patient adjacent to the tape, and place a three-dimensional object, such as a thick book or box on top of the head. Rest the side of the object firmly against the wall to form a right angle. **DO NOT USE THE MEASURING ROD ON THE ADULT BALANCE BEAM SCALES.**



- ✓ Have individual remove shoes, hats, and hair barrettes. Lightweight clothes are appropriate. Have the patient stand with his/her back against the wall on a flat surface directly in front of the measuring tape. The patient should stand so that the tape meets the center of their back.
 - ✓ Feet should be slightly apart and the back as straight as possible. The heels, buttocks, and shoulder blades should touch the wall or measuring surface.
 - ✓ The patient should look straight ahead with their line of vision parallel to the floor.
 - ✓ Once the patient is in position the headpiece or book/box should be placed flat against the wall at a right angle. Lower it until it firmly touches the crown of their head
 - ✓ Hold the book or headpiece steady and have the patient step away.
 - ✓ Read the measurement at eye level where the lower edge of the headpiece/book intersects the measuring tape. Care should be taken when measuring individuals who are taller than the person taking the height. A step-stool may be needed to receive accurate results.
- ✓ Repeat the procedures until two measurements are within $\frac{1}{4}$ inch of each other. Record the average of the two measurements.
3. For weight, use an adult beam balance scale or good quality digital scale if at all possible. Scale needs to be placed on uncarpeted floor if possible for an accurate weight.
 - ✓ Have individual take off shoes or heavy outer clothing. Lightweight clothes are appropriate.
 - ✓ Patient needs to stand on the center of scale platform and not be touching other objects or person.
 - ✓ Read the measurement to the nearest $\frac{1}{4}$ pound. (If the measurement reads $\frac{1}{8}$ pound or more, round up.)
 - ✓ Repeat the procedures until two measurements are within $\frac{1}{4}$ pound of each other. Record the average of the two measurements.



See www.cdc.gov/growthcharts for online training regarding how to measure and how to use and interpret individual growth charts.

