

Annex 7

Assessing nutritional status of school age children

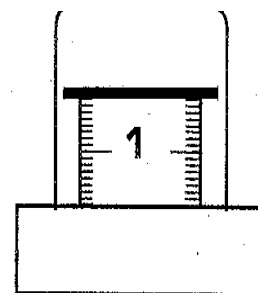
Measuring Weight

1. Check the accuracy of the scale using a standard weight, monthly.
2. Keep the scale steady on a flat hard surface.
3. Make sure the scale's reading is at the '0'.
4. Remove child's extra clothes and shoes.
5. Ask the child to stand in the middle of the scale, keeping the feet together.
6. Read the weight to the nearest 100g. Record the measurement then and there.
7. Assess the nutritional status by using relevant graphs.

Measuring Height

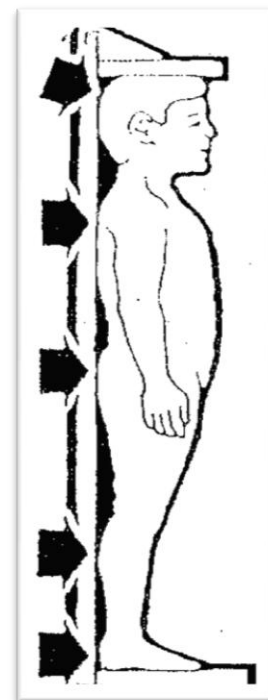
Calibrating the instrument

1. Choose a wall high enough and in a well-lighted place to fix the instrument. A wall near a door or window is not suitable. The ground near the wall must be flat.
2. You will need a chair, a nail and a hammer.
3. **Fixing the instrument correctly:** Keep the instrument pressed to the ground with foot and then drag the tape vertically up and parallel to the wall till the maximum height is reached.
4. Mark this point on the wall and then fix a nail on that point. (Will need another person's support for this).
5. Lift the instrument gently and hang it on the nail.
6. **Checking the accuracy of the instrument before use:** drag the calibrated tape vertically down till the end of the tape is reached. When this is done it will be seen that the red line of the instrument has come to the starting point of calibrated markings on the tape.



Steps of measuring Height

1. Hang the correctly adjusted instrument.
2. Ask the child to remove shoes and to stand parallel to the wall by keeping the feet together.(Back of the heels, calves, buttocks ,back of the shoulders and back of the head should touch the wall).
3. Bring down the head piece gently till it properly touches the child's head.
4. Read the child's height correctly to the nearest centimeter(the mark immediately below the red line of the instrument)
5. After reading the measurement correctly mark it on the Growth Chart of the CHDR.
6. Assess the nutritional status using relevant graphs.



Calculating Body mass index(BMI)

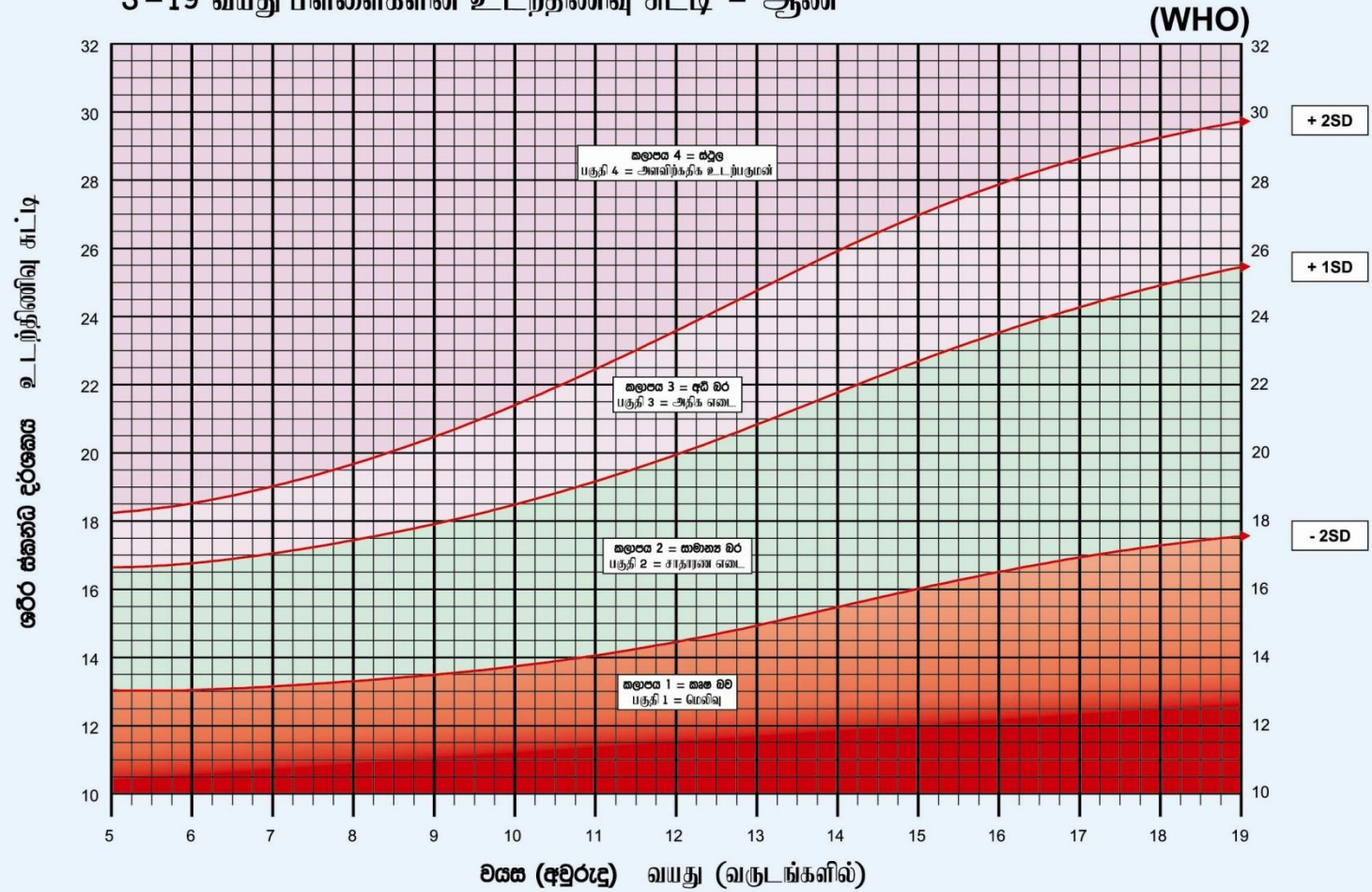
BMI is calculated by dividing the child's squared weight (in Kilograms) by child's squared height (in meters).

$$\frac{\text{Weight}^2 \text{ (kg)}}{\text{Height}^2 \text{ (m)}}$$

Reference:

Assessment of the nutritional status of school children -
Reference Growth Charts,
Family Health Bureau, Ministry of Health, 2010.

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