

Block4: The Objective

- **What is Anthropometry?**
- **Common anthropometric measurements :**
 - **Length / Height/ Demonstration**
 - **Head Circumference**
- **BMI :Concept**

- What is Anthropometry?

- Anthropometry is the measurement of the size, weight, and proportions of the body.

Common anthropometric measurements include:

- Weight
- Height
- Head circumference,
- MUAC,
- Skinfold thickness
- Body mass index (BMI),



Weight

Weight is strongly correlated with health status
Good indicator of acute illness



Children should be in light clothes
and without shoes to the nearest
0.1 kg

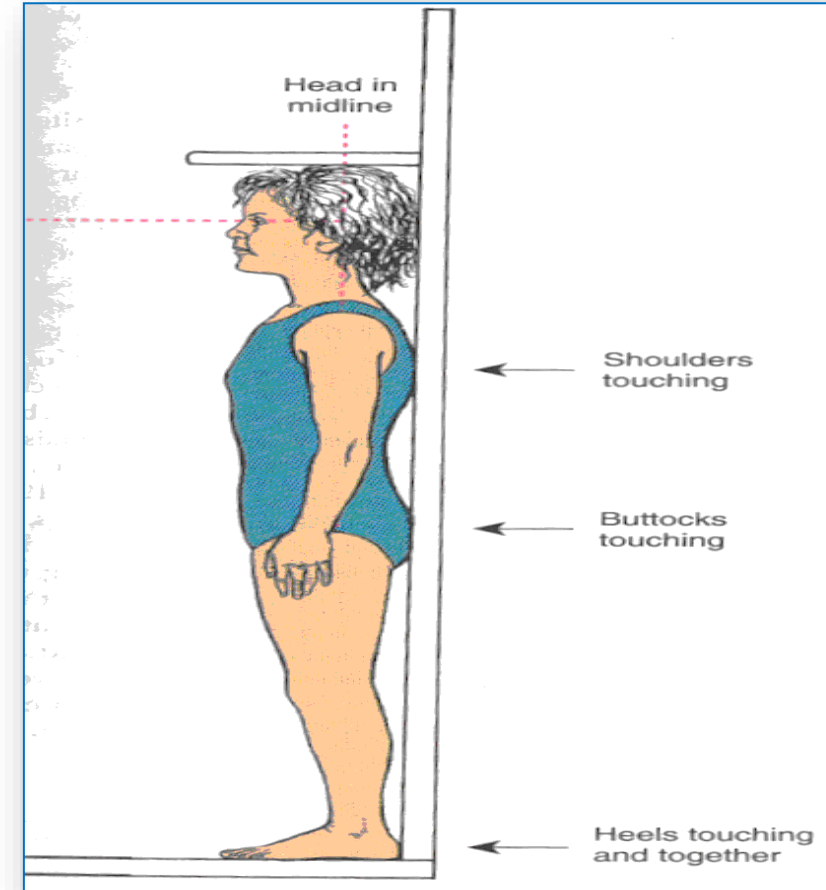


Length or Height

- Length – in children **less than two years** or in **older children** who can not stand.
- Height - with the child or adult in a standing position (usually children who are two years old or more).
- Measure without footwear.
- The head should be in the **Frankfurt position** (a position where the line passing from the external ear hole to the lower eye lid is parallel to the floor)
- During measurement, and the shoulders, buttocks and the heels should touch the vertical stand.

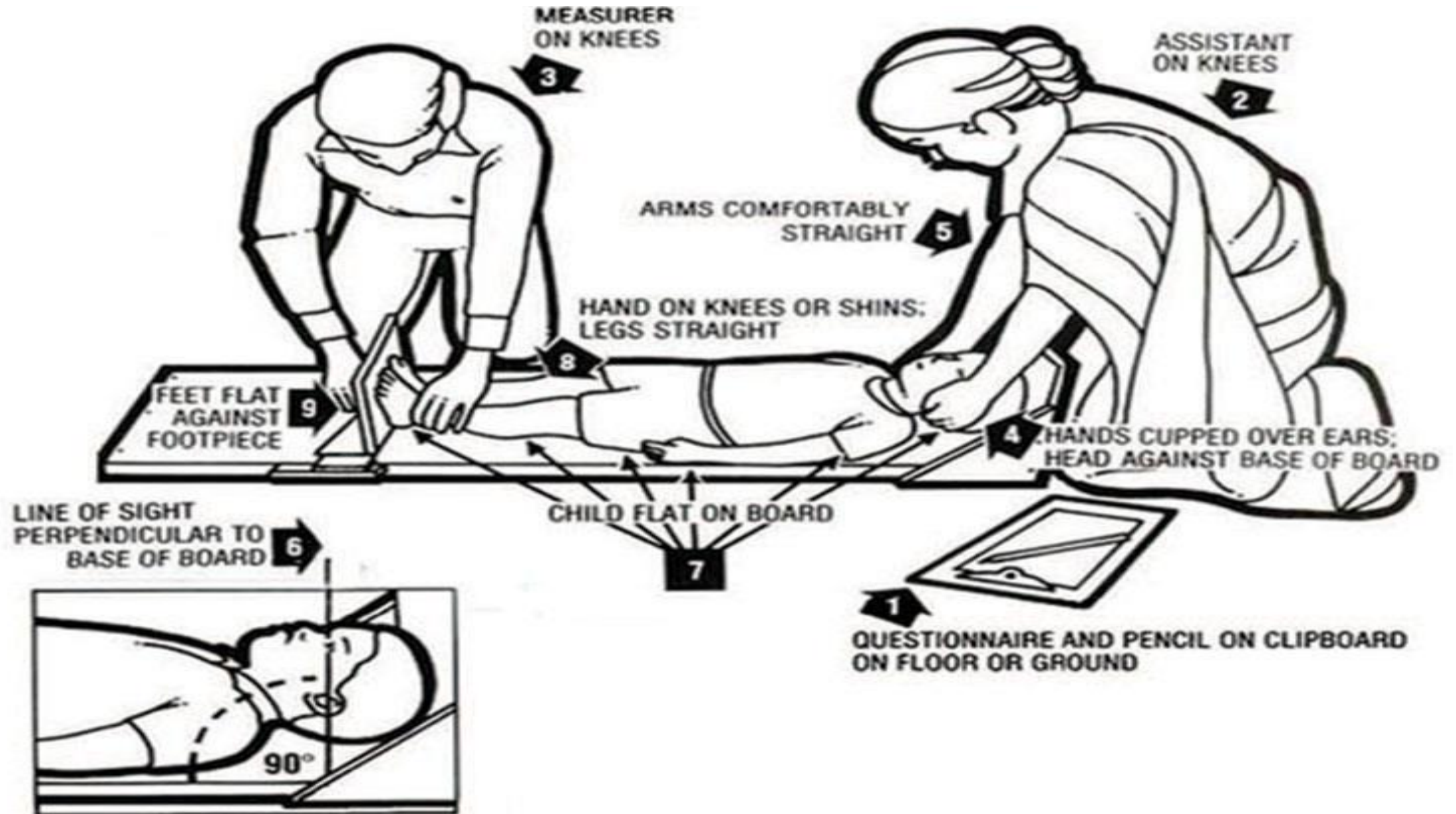


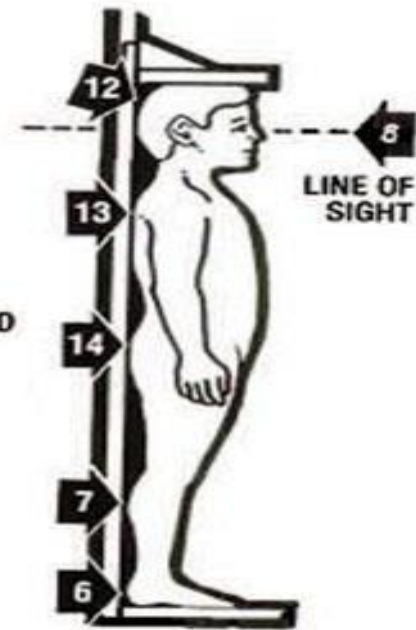
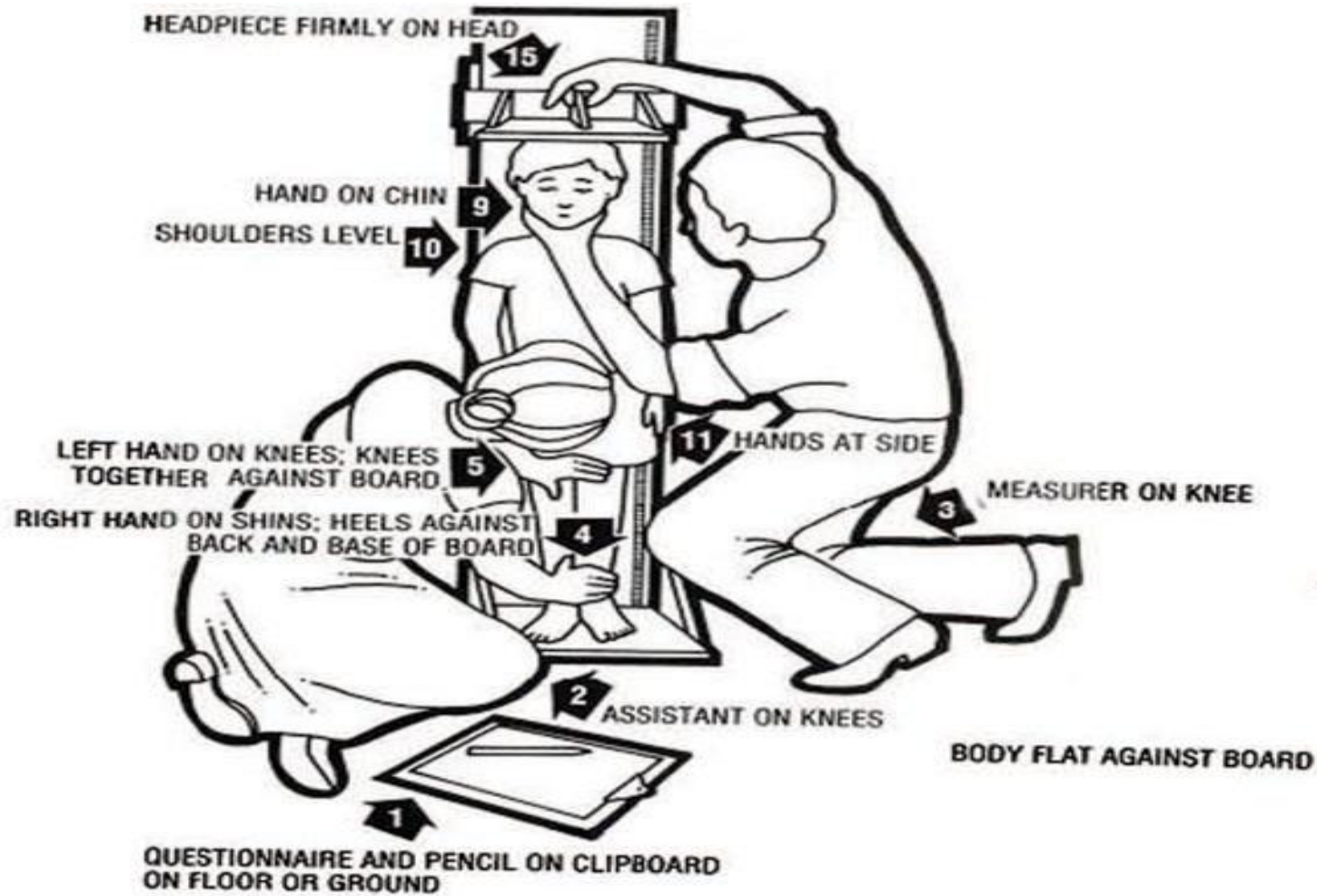
Length



Height

Length





Either a stadiometer or a portable anthropometer can be used for measuring.

Head Circumference

Measurement of HC provides an indirect measurement of brain growth

Measurement of head circumference



Just Remember

Head Circumference (HC)

Birth	35 cm
3 Months	40 cm
1 years	45 cm
2 years	48cm
5 years	52cm



