

Height and Weight Screening - Preschool Procedure

Purpose

This document tells site teams how to complete heights and weights on preschool children in order to monitor the growth of an individual child, detect growth abnormalities, monitor nutritional status and track the effects of medical or nutritional intervention.

Procedure

All staff performing height and weight screenings must attend training and/or complete on-line training. Height and weight screenings are done for all children during the first 45 calendar days following the first day of attendance and again during the month of March (or approximately 6 months after initial screening). For children in a full day program, the screening is done every six months thereafter.

General

1. Select a screening date.
2. Notify parents.
3. Determine the space to be used that will accommodate the stadiometer and scale.
4. Prepare children by explaining procedure.
5. Record results on *Health Screening Results Form*.
6. Send original to parent and file copy in the Family File.
 - a. **Head Start:** Complete data entry worksheet for growth grids and sensory screenings and send to Info Systems at ESD
 - b. **ECEAP:** Enter results into ELMS; acquire growth charts from either Epi Info or Kids Health.

Links to Epi Info and Kids Health are:

<http://www.cdc.gov/epiinfo/index.html>

<http://kidshealth.org/en/parents/bmi-charts.html?WT.ac=ctg#catbmi-tools>

Please note: You cannot save data in Kids Health. If you use this program, you will need to enter both sets of data in the spring to generate a growth grid that shows both measurements. When entering spring data, you must first enter child's fall height and weight, select calculate BMI and then click "add entry" to input measurements for spring. This will allow you to generate a growth grid with both measurements.

7. Place a copy in child's file.
8. Provide a copy to parent.
9. Identify any children at 5% or less or 85% or more for BMI.
10. Discuss weight and nutrition with parent and document the conversation.
11. Consult with Health and Nutrition Coordinator if needed.
12. Provide referral if needed, complete *Nutrition Consultation Form* if needed and send to PSESD.

Height and Weight Screening - Preschool Procedure

Procedure for Weight Measurement	<ul style="list-style-type: none">• Have child step to center of scale• Make sure the child's arms hang freely at sides• Use digital scale• Record weight exactly as it appears on scale• Tap corner of digital scale to initiate-when "000" appears have child step on scale with weight evenly placed on both feet
Procedure for Height Measurement	<ul style="list-style-type: none">• Help child remove shoes• Make sure the body is straight with shoulder blades, buttocks and heels touching wall or measuring device; feet are flat and slightly apart; arms at sides; shoulders relaxed; head does not touch measure.• Lower headboard until it firmly touches crown of head• Record height to nearest ¼ inch rounding up or down

Related Documents

Health Screening Results

Spring Growth Results

Nutrition Consultation Request Form

Assessment of BMI for Age-At Risk for Underweight Procedure

Assessment of BMI for Age-At Risk for Overweight Procedure

Resources

See Health, Nutrition & Safety Resource Hub for related information

Height and Weight Screening Tip Sheet (see Health, Nutrition & Safety Hub)

<http://www.cdc.gov/epiinfo/index.html>

This site provides detailed instruction for downloading and use of Epi Info. It includes instruction for Windows, mobile devices as well as Web and Cloud use.

<http://kidshealth.org/en/parents/bmi-charts.html?WT.ac=ctg#catbmi-tools>

This calculator is for children and teens between 2 and 20 years old. It allows you to calculate a child's body mass index (BMI) and see how it compares to others of the same age and gender. The calculator also gives you the option of entering multiple sets of measurements so you can view BMI as a trend over time. A trend may suggest whether a person is losing or gaining weight at a healthy rate.

How to Get Your Kid to Eat... But Not Too Much

Written by Ellen Satter, MS, RD, this book is an excellent resource for professionals and parents to better understand the dynamics of feeding. See Health, Nutrition & Safety Hub for more related information regarding children.

www.choosemyplate.gov

Developed and maintained by USDA, this website has a wide variety of information on nutrition, exercise and health. Tip sheets for parents are available in English and Spanish on many topics.

<http://www.multicare.org/mary-bridge-5210/>

Ready, Set, Go! 5-2-1-0 is a site devoted to the promotion of healthy living. Tips and ideas for child care centers and families to use the concepts of eating five or more fruits/veggies daily, limiting screen time, increasing physical activity and limiting sugary drinks are provided. Many resources and printable teaching tools included.

Height and Weight Screening - Preschool Procedure

<http://www.letsmove.gov/resources>

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. *Let's Move!* materials can be easily distributed as part of a newsletter, web site post, or to attendees of an event or rally.

<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

Provider handbook offering suggestions for CACFP providers to help children and families adopt healthy eating and active play behaviors. Materials are targeted towards curbing the increase in childhood obesity and to help children attain their educational potential.