



Washington WIC – Certifier Competency Training Worksheet

5. Anthropometrics

Competency	Certifier is able to:	Training Requirements
<p>Assess growth or prenatal weight gain based on weights and measurements and share with participant.</p>	<ul style="list-style-type: none"> • Measure children under 24 months on a recumbent length board. • Measure children 24 months and older and adults using stadiometer. • Weigh infants and children under 24 months on pediatric scale. • Weigh children 24 months and older and adults using an adult scale. • Record measurements and weights in participant’s file. • Assess growth charts and prenatal weight gain grids in computer system. • Assess breastfeeding and non-breastfeeding postpartum participant’s BMI. • Offer to share child’s growth chart with participant. • Offer to share prenatal weight gain grid with pregnant participant. 	<ol style="list-style-type: none"> 1. Complete the following in the Learning Center (LC) <ul style="list-style-type: none"> • DOH STATE WIC Anthropometrics Curriculum <ul style="list-style-type: none"> ○ For issues with images during the post test, contact: wawictraining@doh.wa.gov • Complete the post-test with 80% or higher score 2. Review all information below: <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> • Chapter 9-Anthropometrics • Chapter 14-Nutrition Risk Criteria <p>Cascades Staff Tool</p> <ul style="list-style-type: none"> • Health Conditions and Nutrition Practices to Assigned Risks

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.



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For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
DOH-961-1118 September 2022

