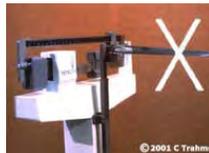


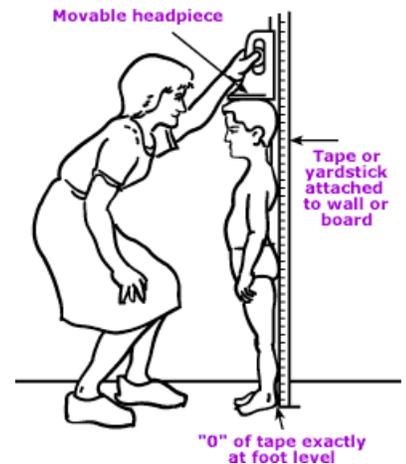
GUIDELINES FOR WEIGHING AND MEASURING STUDENTS IN SCHOOL SETTINGS

1. Check your equipment regularly to make sure you are getting accurate measurements. To check the accuracy of a scale, place a 50# weight on the scale. Calibrate scales at least once a year according to the instructions.
2. Weigh and measure each child in private with no other children present.
3. Do not have another student recording height and weight measurements. Recruit an adult to do this or do it yourself.
4. Do not comment on the height and weight of any child at the time the measurements are being taken. Neutral comments such as "Thanks, you can get off the scale now" are appropriate.
5. If a child makes a negative comment about his/her body, it is appropriate to ask "Why do you feel that way?" It is also appropriate to say "I wish you felt more positive about your body. Your body is a good body. I hope you will take good care of it."
6. Unless you are a physician or a nurse practitioner who has reviewed the child's growth over a period of years, refrain from making a diagnosis of overweight or obesity. If a child asks "Am I fat?" tell the child that you don't know and that the best person to determine this is his/her regular health care provider.
7. 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 student 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 school clothes are appropriate. Have the student stand with his/her back against the wall on a flat surface directly in front of the measuring tape. The student 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 student should look straight ahead with their line of vision parallel to the floor.



- ✓ Once the student 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 student step away.
 - ✓ Read the measurement at eye level where the lower edge of the headpiece/book intersects the measuring tape.
 - ✓ Repeat the procedures until two measurements are within ¼ inch of each other. Record the average if the two measurements on the form.
8. For weight use an adult beam balance 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. Light-weight school clothes are appropriate.
 - ✓ Child needs to stand on the center of scale platform and not be touching other objects or person.
 - ✓ Read the measurement to the nearest ¼ pound. (If the measurement reads 1/8 pound or more, round up.)
 - ✓ Repeat the procedures until two measurements are within ¼ pound of each other. Record the average of the two measurements on the form.

If you would like technical assistance regarding proper technique and equipment or if you would like assistance to determine how to use this information, please contact:

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