

Anthropometry

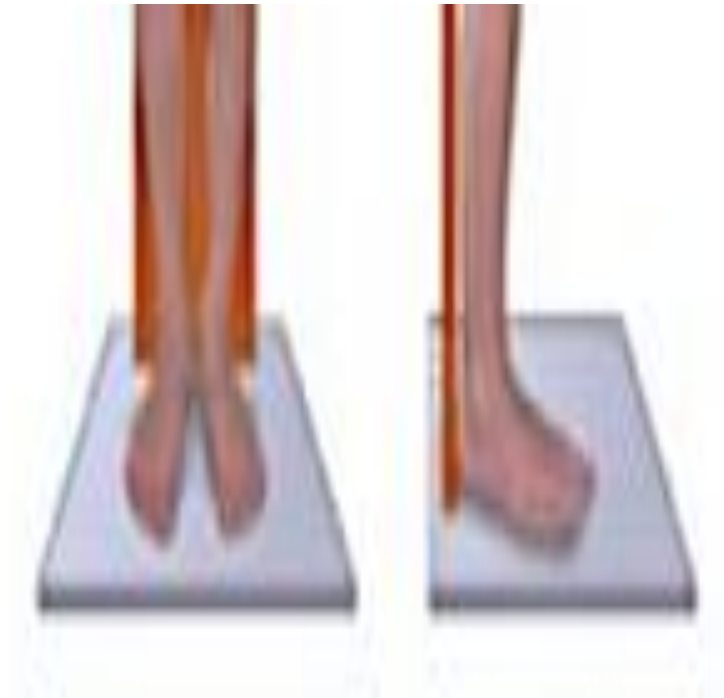
- Weight, and height will be measured twice.
- If the measures differ greater than the maximum allowed difference

	Maximum Allowed Difference
Weight	0.5 kg
Height	1 cm

then a third measurement will be taken

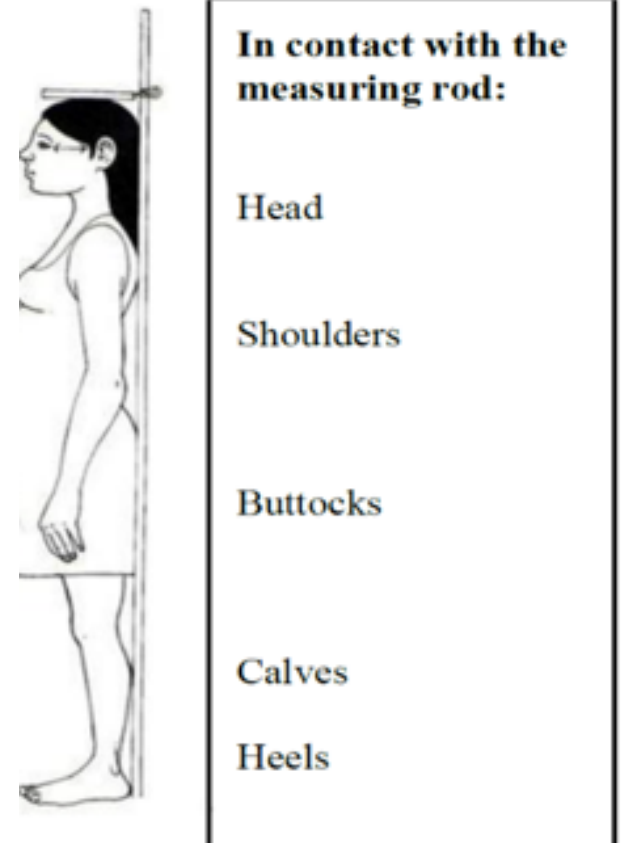
Height Measurement (1)

- Measurement Procedure
 1. Have the adolescent remove hair ornaments, ponytails, buns and shoes
 2. Ask **her to stand up straight** on the stand as tall as possible, looking forwards. Have her stand on the floor with the heels of both feet together and the toes pointed slightly outward. Her body weight should be evenly distributed and both feet flat on the floor.



Height Measurement (2)

3. Check the **position of the heels** , **buttocks**, **shoulder blades**, and the **back of the head** for contact with the vertical backboard.
4. Ask the her to look in front of her (like the picture)
 - Request the woman to keep head in this position.
5. Ensure she stands up straight and the head is turned in front of her, arms hanging at her sides.



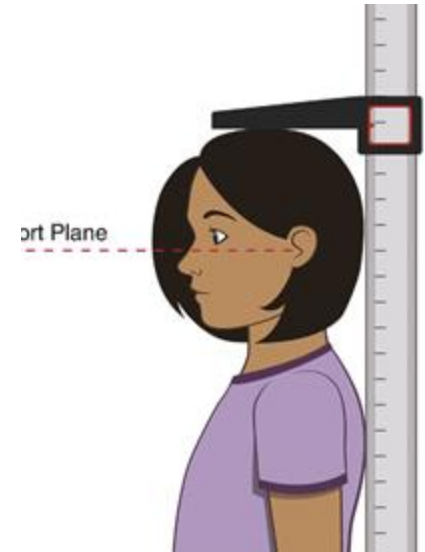
Height Measurement (3)

6. Then, lower the headboard. Position the headboard firmly on top of the head with sufficient pressure to compress the hair.

7. Take the measurement from the nearest 0.1 cm (one tenth of the 1 cm). Keep your eyes parallel to the measurement

8. After you have completed one measurement, repeat the process and measure the weight an additional (2nd) time.

9. If the difference > 1 cm – a 3rd measurement needs to be taken



Weight Measurement (1)



- Measurement Procedure
 1. Have the adolescent remove any shoes, and heavy dressings
 2. Find a perfectly flat surface to place the scale
 3. Switch on the scale and wait until the display window is blank
 4. When the display window shows 0.0kg, ask the woman to stand up on the scale by facing the display window
 - Make sure her **hands hang to the side of the body and she stands straight ahead.**
 - Request that **she does not move during** the time of taking the measurement.

Weight Measurement (2)

5. After a few seconds, the weight will appear on the display window.
6. After you have completed one measurement, repeat the process and measure the weight an additional (2nd) time.
7. If the difference is > 0.5 kg then a third measurement will be taken.

**regularly check the battery and replace new once as necessary*

**calibrate every morning with you own weight*

COVID-19 Precautionary Measures

- Wear face mask during measurement
- Clean your hand and equipment after every subject measurement