



# GUIDE TO ACCURATE MEASUREMENT

## Australian Guidelines for measuring height in children >2 years of age<sup>1</sup>



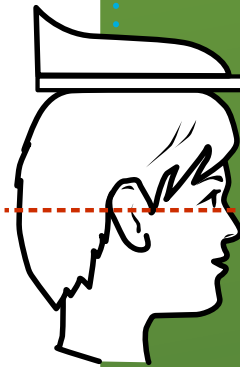
**1.** The child should be measured standing barefoot, heels together and with minimal clothing so the position of the body can be seen. Shoulders should be relaxed and arms hanging freely by the sides.

**2.** The head, back, buttocks and heels should be positioned vertically so that the buttocks and heels touch the wall/vertical board.

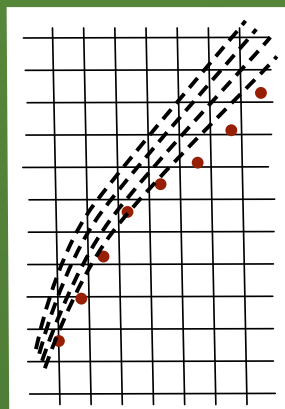
**3.** Check that the child is looking straight ahead with the line of vision at right angles to the body.

Ask the child to 'breathe in and stand as tall as they can.' Ensure the heels are flat on the ground.

Place the moveable headband on top of the child's head with sufficient pressure to compress the hair. For consistency with reference data, no additional upward pressure should be exerted on the mastoid processes.



**4.** Read the height to the nearest 0.1 cm. Tell the child to 'breathe out and relax' and then repeat Step 3.



**5.** Calculate the mean height measurement (to the nearest 0.1 cm). Plot the value (using a simple dot) on a standard centile chart of height for age and sex.

Reference: 1. Davies PSW, Roodveldt R, Marks G for the National Food and Nutrition Monitoring and Surveillance Project, Commonwealth Department of Health and Aged Care. Standard methods for the collection and collation of anthropometric data in children, 2001, p1-30.

**Pfizer** Endocrine Care

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