



ANTHROPOMETRIC MEASUREMENTS

Name:
Grade:

What is it?

Anthropometric measurement involves the systematic measurement of various physical dimensions of the human body. This includes things like height, weight, body circumference, and proportions of different body parts. These measurements provide quantitative data about the size, shape, and composition of the human body, and they are often used in fields such as health, nutrition, ergonomics, and anthropology.



It measures:

Proportion
of hips

Waist

Legs

Height
And
Weight

Arms

Skinfolds

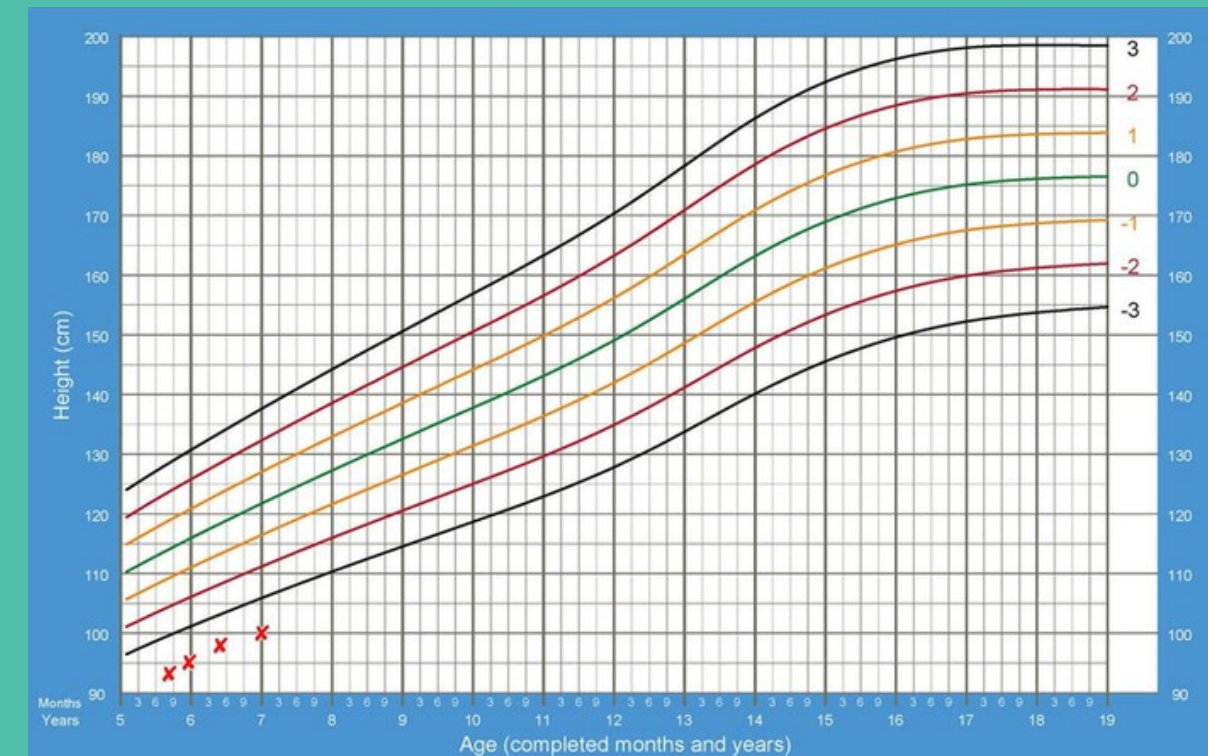
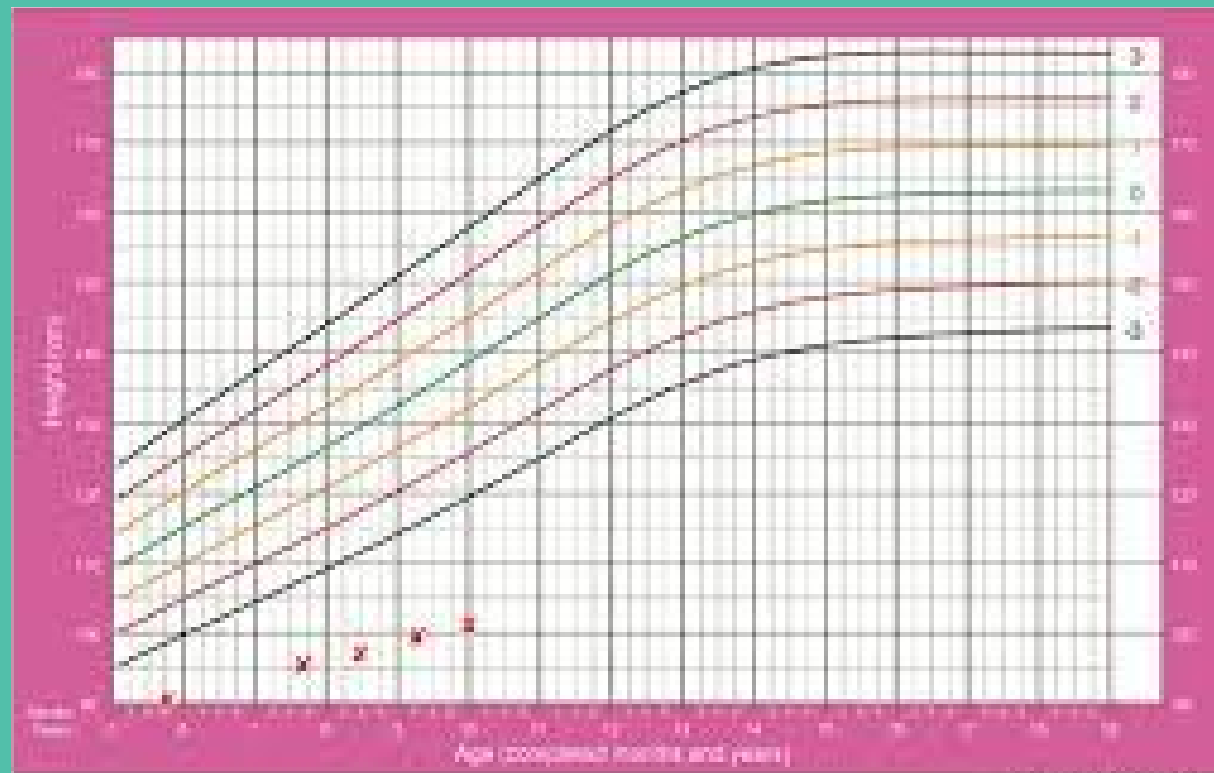
Growth chart

growth chart is like a visual guide that helps track how much a child is growing over time. It includes measurements like height, weight, and sometimes head size. These measurements are plotted on a chart with lines that represent the average growth patterns for children of the same age and gender. growth charts were developed by the National Center for Health Statistics (NCHS) as a clinical tool for health professionals to determine if the growth of a child is adequate. The 1977 charts were also adopted by the World Health Organization for international use.



GROWTH CHART PERCENTILES

EX: HEIGHT FOR AGE



Things you need to know to figure out your growth chart

Person's
age

Person's
gender

Person's
height

Age groups of the growth chart

0-2



2-5



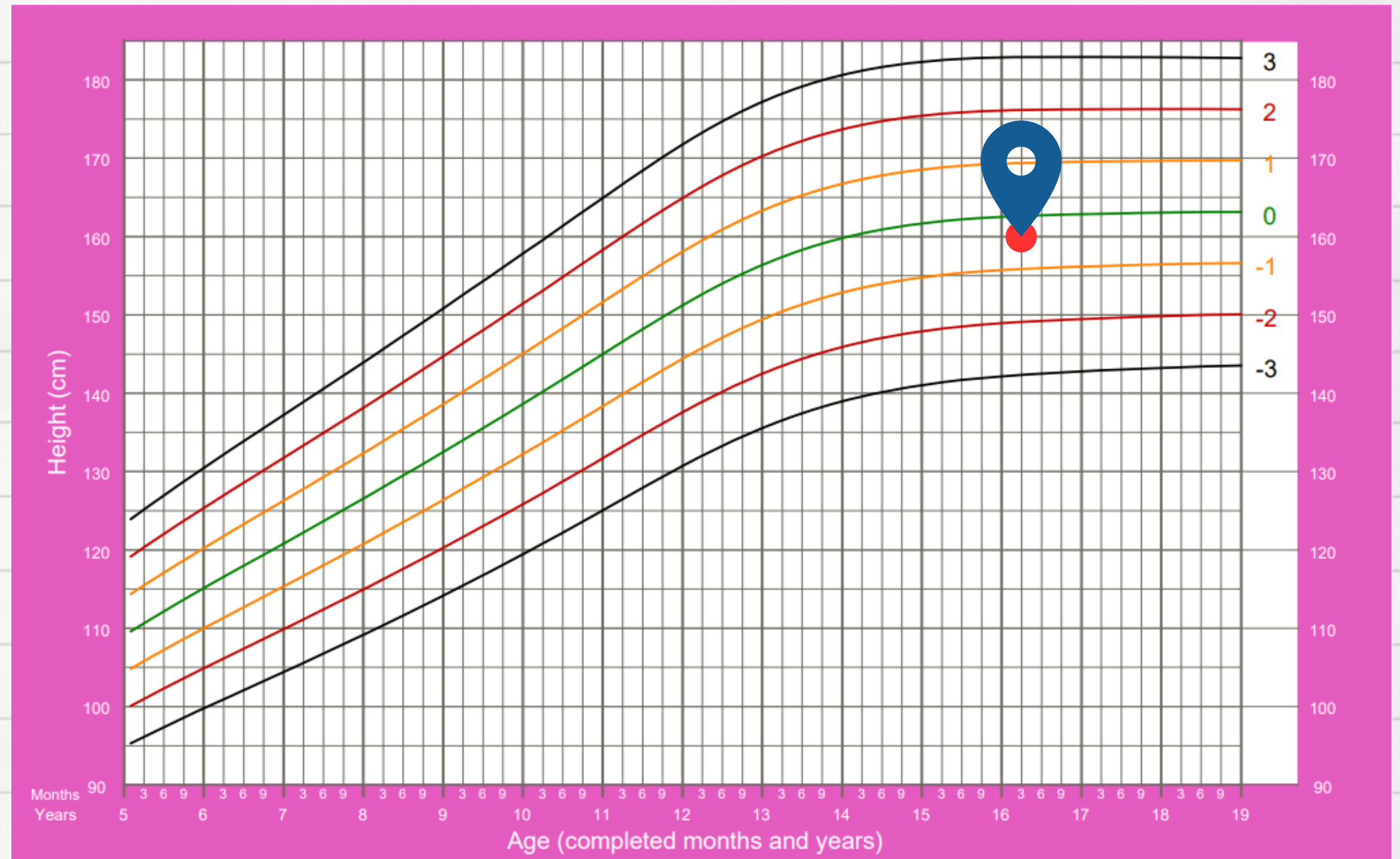
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EXAMPLE

My age: 17Y 3M
My height: 160 cm
My gender: Female

It means that 50%
people have the
same height as me
and it is at the
normal range



why healthcare professionals use growth charts?

healthcare professionals use growth charts to see how much kids are growing. These charts compare a child's height, weight, and head size to what's typical for their age. If a child's measurements deviate from the expected patterns, it could mean there's a health or development issue. Growth charts help doctors catch and address these concerns early. They're like a roadmap to check if kids are growing well, and they're important to make sure children stay healthy.



Nutrition

Hormones

Illness

**Emotional
Well-being**

**Physical
Activity**

**Environment
al Factors**

**FACTORS THAT
MAY AFFECT
THE GROWTH
OF A CHILD.**

undernutrition

undernutrition means not getting enough of the right kinds of food to stay healthy and grow properly. When someone is undernourished, their body doesn't get the necessary nutrients like vitamins and minerals, which can lead to problems with growth, development, and overall health. It's often associated with not having enough to eat or not having access to a balanced diet. Undernutrition is a serious issue, especially for children, as it can affect their physical and mental well-being.



MAIN TYPES OF UNDERNUTRITION

WASTING

Is when
someone is low
weight for their
height

STUNTING

Is when child is
low height for
their age

UNDERWEIGHT

Is when child is
low weight for
their age

**THANK
YOU VERY
MUCH!**

