



How to Accurately Weigh and Measure Children For the CHDP Well-Child Exam

Growth is an invaluable biological indicator of overall health status in children. For this reason, careful assessment of growth and development is necessary. Inaccurate measurements can lead to inaccurate diagnosis and subsequent treatment.

This **free, on-site** training focuses on the importance of using standard equipment and technique to obtain accurate measurements for growth assessment.

- Through theory and practice, staff will be trained to accurately assess weight, length, height and BMI.
- A Certificate of Completion is awarded to each participant and provided to the clinic to retain for their records.
- This training meets the facility review tool criteria that staff members have completed an annual CHDP training in anthropometric measurements.

Please contact your CHDP Nutritionist directly to schedule the training:

Mary DeBusman, MS, RD

Phone: 510-618-2068

Email: mary.debusman@acgov.org

