

# ANTHROPOMETRIC ASSESSMENT

<b>Date of Assessment:</b> ____ / ____ / _____	
<b>DOB:</b> ____ / ____ / _____	<b>Age (years &amp; months):</b> _____
<b>Height:</b> _____ m/cm	<b>Weight:</b> _____ kg
<p><b>Change in weight:</b></p> <p>Wt 3 months ago: _____ kg    percent wt loss*: _____ %</p> <p>Wt 6 months ago: _____ kg    percent wt loss*: _____ %</p> <p>Wt prior to onset (date: ____ mth / ____ yr): _____ kg    Overall percent wt loss*: _____ %</p> <p><i>*Nb. percent wt loss = <math>\frac{\text{previous wt} - \text{current wt}(kg)}{\text{previous wt} \times 100}</math></i></p>	
<p><b>Weight for age: ( ≤ 12yrs)</b></p> <p>Current Percentile: _____ Expected / Median Wt for age (Wt at 50<sup>th</sup> percentile for age): _____ kg</p> <p>Percent Weight for Age (current weight ÷ median weight for age) x 100: _____ %</p>	
<p><b>Height for Age:</b></p> <p>Current percentile: _____ Expected / Median Ht for age (Ht at 50<sup>th</sup> percentile for age): _____ cm</p> <p>Percent Ht for age (current ht ÷ median ht for age) x 100: _____ %</p> <p>Mid Parental height:</p> <p>Girls (= (Fa ht – 13) + Mo Ht / 2): _____ cm</p> <p>Boys (= (Mo ht – 13) + Fa Ht / 2): _____ cm</p>	
<p><b>BMI for age: (ages ≥ 12yrs – ≤ 16yrs only)</b></p> <p>Current BMI (wt(kg) ÷ ht(m)<sup>2</sup>): _____ Expected / Median BMI for age (BMI at 50<sup>th</sup> percentile for age): _____</p> <p>Percent BMI for age (current BMI ÷ median BMI for age) x 100: _____ %</p>	
<p><b>Malnutrition rating: (please circle)</b></p> <p>Acute malnutrition:    mild    moderate    severe</p> <p>Growth stunting:    mild    moderate    severe</p>	
<p><b>Does weight loss indicate possible eating disorder: (please circle)</b></p> <p><b>Yes / No</b>    If yes please indicate possible type:    <b>Anorexia Nervosa</b>    <b>OSFED</b>    <b>Other</b> _____</p>	
<p>Comments:</p> <p>_____</p> <p>_____</p>	
Initial target weight:	height review recommended: