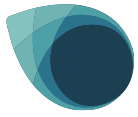


Anthropometric Assessment

Date of Assessment: ____ / ____ / ____	
DOB: ____ / ____ / ____	Age (years & months): ____
Height: ____ m/cm	Weight: ____ kg
Change in weight: Wt 3 months ago: ____ kg percent wt loss*: ____ % Wt 6 months ago: ____ kg percent wt loss*: ____ % Wt prior to onset (date: ____ mth / ____ yr): ____ kg Overall percent wt loss*: ____ % <i>*Nb. percent wt loss = $\frac{\text{previous wt} - \text{current wt(kg)}}{\text{previous wt} \times 100}$</i> Eating and movement behaviours prior to weight loss (eg. dieting or bingeing, excessive exercise or nil) – can indicate natural weight	
Weight for age: (use gender appropriate growth charts) Current Percentile: ____ Pre weight loss Percentile: ____ Percentile information from early years (consider using baby books): ____	
Height for Age: (use gender appropriate growth charts) Current percentile: ____ (Has growth in height peaked or still to occur?) Y/N Mid Parental height: Girls $(= (\text{Fa ht} - 13) + \text{Mo Ht} / 2)$: ____ cm Boys $(= (\text{Mo ht} - 13) + \text{Fa Ht} / 2)$: ____ cm	
BMI for age: (use gender appropriate growth charts) Current BMI $(\text{wt(kg)} \div \text{ht(m)}^2)$: ____ BMI percentile: ____ - Pre weight loss BMI percentile: ____ Percentile information from early years (consider using baby books): ____	



Malnutrition rating: *(please circle)*

Acute malnutrition: mild moderate severe

Growth stunting: mild moderate severe

Does weight loss indicate possible eating disorder: *(please circle)*

Yes / No If yes please indicate possible type: **Anorexia Nervosa** **OSFED** **ARFID** **Other** _____

Consider Parental Genetics with regard to body shape

Consider alterations to pubertal development (eg. delayed onset menarche or missed menstruation):

Comments:

Height review recommended:

Initial target weight:

When will this need to be reviewed in line with natural growth?: