

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

H & W Measurement Project Protocol

Plan

To measure the height and weight of all pre-school through 6th grade students in the CVESD schools. The data will be collected and used for surveillance purposes only.

Rationale

- The data will be compared/contrasted with other information in the district/state data systems. Information on ethnicity, socio-economic factors, gender, and regional factors (demographics) will also be analyzed.
- This baseline data will assist with future program planning at the district and school level and will provide a snapshot of students' growth patterns for the 2012-13 school year.

Logistics/Considerations

- We have purchased four portable scale systems (Tanita Professional Digital Scales with Remote Display) that will allow teams to set-up and move equipment easily within and between schools. Additionally, the professional digital scale has a remote display (6 foot cord) that will also allow for privacy when taking and recording student weight.
- The Project will hire 8-10 health clerks/clerks to work in teams of two to go out to schools to measure and record data. They will also be used to input data into the district's eSchoolPlus system.
- Informational Technology staff will create a recording form with student names/ID numbers by class (grade) and height/weight columns to use at each school.
- A "passive" parental notification form has already been drafted, approved and sent out to all parents. Schools will collect returned forms indicating parents wish that child NOT be measured.
- Scheduling of schools will begin the week of November 5th through the end of December.

Techniques for Measuring Weight and Height

The Appropriate Setting

- The best case scenario should be that each student be weighed and measured in private. Depending on space/location issues at each school using portable screens and/or by creating a distance between waiting students and those who are being measured is acceptable.
- At no time should the student (or others) be able to see the digital scale read-out, the screen will be position six feet from the scale. When measuring height, students should face away from the stadiometer.
- Project Clerk(s) will record the measurements. At no time should measurement information be given out to school staff and/or parents.

Appropriate Comments to Children

- Do not comment on the student's height or weight at the time the measurements are being taken.
- Neutral comments such as "Thanks, you can get off the scale now" are appropriate.
- If a student makes a negative comment about his/her body, it is appropriate to say, "Bodies come in lots of different sizes and shapes. If other students are teasing you about your body, let's talk and see what we can do about it."
- Our philosophy - "we respect the bodies of others even though they are different from our own" should guide words and actions.
- Teachers and other school staff should discourage teasing by modeling and promoting respectful behavior.

Procedure for Measuring Weight:

1. Before beginning, ask the student to remove shoes, hat, and bulky clothing such as coats and sweaters.
2. Before the student steps on the scale, place the scale **in the "zero" position**.
3. Ask the student to stand still with both feet in the **center** of the platform.
4. Record the measurement to the nearest $\frac{1}{4}$ pound or 100 grams.
5. Have the student step off the scale.



Measuring Height

1. Preparing the Student to be Measured:

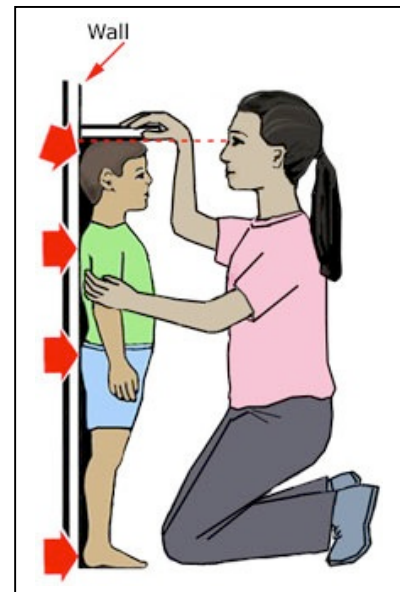
- Before beginning, ask student to remove shoes, hat, and bulky clothing such as coats and sweaters.
- Ask the child to remove or undo hair-styles and hair accessories that interfere with taking a measurement. In rare cases, a child may be unwilling to undo an intricate or costly hairstyle. In these situations, care should be taken to locate the actual crown of the head.

2. Adjusting the Student's Stance:

- Direct the student to stand erect with shoulders level, hands at sides, thighs together, and weight evenly distributed on both feet.
- The student's feet should be flat on the floor, with heels comfortably together and touching the base of the vertical board.
- There are four contact points between the body and the stadiometer: head, upper back, buttocks and heels.

3. Adjusting Head Position:

- Ask the student to adjust the angle of his/her head by moving the chin-up or down in order to align head into the Frankfort Plane.
- The Frankfort Plane is an imaginary line from the lower margin of the eye socket to the notch above the tragus of the ear (the fleshy cartilage partly extending over the opening of the ear).
- This is best viewed and aligned when the viewer is directly to the side of and at the eye level of the student.
- When aligned correctly, the Frankfort Plane is parallel to the horizontal headpiece and perpendicular to the vertical back piece of the stadiometer.



- **NOTE:** When the chin is correctly positioned, the back of the head may not make contact with the board. In fact, in a very few individuals, only two points will make contact with the vertical back piece.

4. Taking the Measurement:

- Lower the headpiece until it firmly touches the crown of the head and is at a right angle with the measurement surface.
- Check contact points to ensure that the lower body stays in the proper position and the heels remain flat. Some children may stand up on their toes, but verbal reminders are usually sufficient to get them in proper position.

5. Recording the Measurement:

- Record height to the nearest 1/2 inch.
- See Measurement Guidelines for additional information/clarification