

**Aim:** Measurement of height, weight, and BMI

**Objective:**

To accurately measure and record an individual's height and weight and calculate Body Mass Index (BMI) to assess overall health and nutritional status.

**Materials Needed:**

1. Stadiometer or wall-mounted ruler
2. Reliable weighing scale
3. Calculator
4. Measurement chart or BMI calculator
5. Pen and paper for recording measurements

**Procedure:**

**1. Measurement of Height:**

**a. Setting Up:**

- Ensure the person to be measured is wearing minimal, lightweight clothing.
- Position the stadiometer or wall-mounted ruler against a flat wall.
- Confirm the person's heels, back, and head are touching the wall with arms at their sides.

**b. Taking the Measurement:**

- Instruct the person to stand straight, looking straight ahead.
- Use the stadiometer or wall-mounted ruler to measure from the floor to the highest point of their head.
- Read and record the height in centimeters or inches.

**2. Measurement of Weight:**

**a. Setting Up:**

- Place the weighing scale on a flat, stable surface.
- Instruct the person to remove shoes and heavy accessories.

**b. Taking the Measurement:**

- Ask the person to stand on the scale with feet together, distributing weight evenly.
- Record the weight in kilograms or pounds.
- If using a digital scale, wait for a stable reading.

**3. Calculation of BMI:**

**a. Formula:**

- Use the BMI formula:

$$BMI = \text{Weight (kg)} / \text{Height (m)}^2$$

**b. BMI Categories:**

- **Interpret BMI using established categories:**
  - **BMI less than 18.5:** Underweight
  - **BMI 18.5 to 24.9:** Normal weight
  - **BMI 25 to 29.9:** Overweight
  - **BMI 30 or more:** Obesity

**4. Recording and Interpretation:**

**a. Recording Measurements:**

- Record height, weight, and BMI in a designated log or record sheet.
- Note the date and time of measurements.

**b. Interpretation:**

- Compare BMI with established categories for a quick assessment of nutritional status.

**Report:** The subject's height, weight, and BMI was found to be.....

Date	Height (cm/m)	Weight (kg)	BMI	Interpretation
MM/DD/YYYY				