

# Check Your Knowledge:

## WIC Anthropometrics and Bloodwork

*After review IL WIC Policy Manual Certification Standards sections: 5.1-5.5 and related addenda answer the following questions. Answers will be reviewed when completing the corresponding training module.*

1. Which are tips for collecting accurate anthropometric data?
  - a) Remove hair buns, braids, or ornaments
  - b) Respect participants' privacy
  - c) Weigh in a clean diaper
  - d) Remove heavy clothing
  - e) All the above
  
2. What equipment should be used to measure infant length (check all that apply):
  - a) Tape measure
  - b) Length board with fixed head piece
  - c) Length board with movable foot piece.
  - d) No equipment is needed
  
3. Which are true when positioning an infant for an accurate length?
  - a) Lying straight and flat, eyes looking up
  - b) Need two measurers
  - c) Head should be centered, touching the top of the length board.
  - d) Ensure both legs are fully extended
  - e) All the above
  
4. True or False  
Length and height should be measured to the nearest 0.1 cm or 1/8 inch.
  
5. True or False  
A stadiometer should have a right-angle, fixed headpiece.
  
6. Data used from the anthropometric and biochemical measurements will impact the quality of the assessment, and potentially eligibility for the WIC program, therefore must be:
  - a) Collected on-site
  - b) A hospital/physician statement or electronic record
  - c) On a local agency referral form or the Illinois WIC Medical Referral Form
  - d) All the above

7. What are the steps for the most accurate measurement of an active/distressed child?  
(fill in the blanks)
  - a) Weigh parent/caregiver and reset scale to \_\_\_\_\_.
  - b) Weigh parent/caregiver and child together
  - c) \_\_\_\_\_ parent/caregiver's weight from \_\_\_\_\_.
  
8. True or False  
Verbal measurements from a participant are acceptable.
  
9. For infants and children birth data must only be entered into I-WIC when:
  - a) Stated by parent or caregiver
  - b) Entered from birth certificate
  - c) Both are correct
  
10. What guidelines must be followed when taking measurements (e.g., height/length and weight):
  - a) YouTube
  - b) Centers for Disease Control (CDC)
  - c) Manufacturer Suggestions
  
11. True or False  
You must obtain bloodwork for all applicants and participants.
  
12. Bloodwork can be deferred up to 90 days: (check all that apply)
  - a) There is no medical or religious reason
  - b) There is a qualifying risk factor identified by CPA
  - c) After 90 days participant must be terminated from the program

Signing below confirms that the following staff have been adequately trained to complete anthropometric measurements and bloodwork.

**Staff Signature/Date**

**Coordinator Signature/Date**

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*Keep on file for review with staff training documents.*