

CPA Assistant's Name: _____

Date Completed: _____

Check Your Knowledge: WIC Anthropometrics and Bloodwork

Before beginning first review IL WIC Policy Manual Certification Standards sections: 6.1-6.4 and related addenda (focus on the Flow Sheets Anthropometrics and Biochemical). Then answer the following questions, answers will be reviewed when completing the corresponding training module.

1. Which are tips for collecting accurate anthropometric data? (circle all that apply)
 - a) Remove hair buns, braids, or ornaments
 - b) Respect participants' privacy
 - c) Weigh in a clean diaper
 - d) Remove heavy clothing

2. What equipment should be used to measure infant length? (circle 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? (circle all that apply)
 - 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

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 potential eligibility for the WIC program, therefore data must be:
 - a) Collected on-site
 - b) From 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 steps should be taken for the most accurate measurement of an active/distressed/uncooperative child? (fill in the blanks)
 1. Weigh _____ and reset scale to zero.
 2. Weigh parent/caregiver and _____ together.
 3. _____ parent/caregiver's weight.

8. True or False: Verbal measurements from a participant are acceptable.

9. For infants and children birth data must only be entered into WIC MIS 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 WIC applicants and participants.

12. Which of the following statements are true regarding deferral of bloodwork?
(circle all that apply):
 - a) There must be a medical or religious reason
 - b) There must be a qualifying risk factor
 - c) After 90 days, the participant must be terminated from WIC

13. True or False: As part of the WIC assessment, all WIC applicants must be asked if they have had a blood lead test recently.

14. If a child has not had a lead test what must be done?
 - a) A referral made and documented in the WIC MIS
 - b) Complete a lead test as part of the WIC certification appointment
 - c) None of the above

15. Biochemical guidance follows manufacturer guidelines for accurate testing.

16. True or False: Immunizations must be screened using a documented immunization history and referrals made if necessary.

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

Staff Signature/Date

Coordinator Signature/Date

Keep on file for review with staff training documents.