

HEIGHT FOR AGE 11-19

MODERATE DANGER

SEVERE DANGER

NORMAL

BOYS	11 yrs	GIRLS
122.9-129.7	0	125.1-131.7
123.3-130.1	1	125.5-132.2
123.7-130.5	2	126.0-132.7
124.1-130.9	3	126.5-133.2
124.5-131.3	4	127.0-133.7
124.9-131.7	5	127.4-134.2
125.3-132.2	6	127.9-134.7
125.7-132.6	7	128.4-135.2
126.1-133.1	8	128.9-135.7
126.5-133.5	9	129.3-136.1
126.9-134.0	10	129.8-136.6
127.4-134.4	11	130.3-137.1
12 years		
127.8-134.9	0	130.7-137.6
128.3-135.4	1	131.2-138.0
128.7-135.9	2	131.6-138.5
129.2-136.4	3	132.0-138.9
129.7-136.9	4	132.5-139.3
130.2-137.4	5	132.9-139.8
130.7-137.9	6	133.3-140.2
131.2-138.5	7	133.7-140.6
131.7-139.0	8	134.1-141.0
132.2-139.5	9	134.5-141.4
132.7-140.1	10	134.8-141.8
133.2-140.6	11	135.2-142.1
13 years		
133.8-141.2	0	135.6-142.5
134.3-141.7	1	135.9-142.8
134.8-142.3	2	136.2-143.2
135.4-142.9	3	136.5-143.5
135.9-143.4	4	136.9-143.8
136.4-144.0	5	137.2-144.1
137.0-144.5	6	137.4-144.4
137.5-145.1	7	137.7-144.7
138.0-145.7	8	138.0-144.9
138.6-146.2	9	138.2-145.2
139.1-146.7	10	138.5-145.4
139.6-147.3	11	138.7-145.7
14 years		
140.1-147.8	0	139.0-145.9
140.6-148.3	1	139.2-146.1
141.1-148.8	2	139.4-146.3
141.6-149.3	3	139.6-146.5
142.1-149.8	4	139.8-146.7
142.5-150.3	5	140.0-146.9
143.0-150.8	6	140.1-147.1
143.4-151.2	7	140.3-147.2
143.9-151.7	8	140.5-147.4
144.3-152.1	9	140.6-147.5
144.7-152.5	10	140.8-147.7
145.1-152.9	11	140.9-147.8

MODERATE DANGER

SEVERE DANGER

NORMAL

BOYS	15 yrs	GIRLS
145.5-153.4	0	141.0-147.9
145.9-153.7	1	141.2-148.0
146.3-154.1	2	141.3-148.1
146.7-154.5	3	141.4-148.2
147.1-154.9	4	141.5-148.3
147.4-155.2	5	141.6-148.4
147.7-155.5	6	141.7-148.5
148.1-155.9	7	141.8-148.6
148.4-156.2	8	141.9-148.7
148.7-156.5	9	141.9-148.7
149.0-156.8	10	142.0-148.8
149.3-157.1	11	142.1-148.9
16 years		
149.6-157.4	0	142.2-148.9
149.9-157.6	1	142.2-149.0
150.1-157.9	2	142.3-149.1
150.4-158.1	3	142.3-149.1
150.6-158.4	4	142.4-149.2
150.9-158.6	5	142.4-149.2
151.1-158.8	6	142.5-149.2
151.3-159.0	7	142.5-149.3
151.5-159.2	8	142.6-149.3
151.7-159.4	9	142.6-149.4
151.9-159.6	10	142.7-149.4
152.1-159.7	11	142.7-149.4
17 years		
152.2-159.9	0	142.8-149.5
152.4-160.0	1	142.8-149.5
152.5-160.2	2	142.9-149.5
152.7-160.3	3	142.9-149.6
152.8-160.4	4	142.9-149.6
153.0-160.5	5	143.0-149.6
153.1-160.6	6	143.0-149.7
153.2-160.8	7	143.1-149.7
153.3-160.9	8	143.1-149.7
153.4-160.9	9	143.1-149.8
153.5-161.0	10	143.2-149.8
153.6-161.1	11	143.2-149.8
18 years		
153.7-161.2	0	143.2-149.8
153.8-161.3	1	143.3-149.9
153.9-161.4	2	143.3-149.9
154.0-161.4	3	143.3-149.9
154.1-161.5	4	143.4-149.9
154.2-161.6	5	143.4-150.0
154.2-161.6	6	143.4-150.0
154.3-161.7	7	143.4-150.0
154.4-161.7	8	143.5-150.0
154.5-161.8	9	143.5-150.0
154.5-161.8	10	143.5-150.0
154.6-161.9	11	143.5-150.1

INSTRUCTIONS:

HEALTH FLAGPOLE

- Have child take off shoes, hats and hair ties
- Stand straight against pole with nose pointing straight ahead and heels together
- Bring flag down to touch head at exact right angle
- Read and record exact height to nearest .1 cm (Ex. 94.4 cm)
- Use exact age in years and months completed

LAP INFANTOMETER:

- Use for children up to 24 completed months (age 2)
- Have seated mother hold child
- Worker places infantometer on mother's lap
- Mother places child on infantometer
- Child's head should touch top
- Nose points up
- Worker straightens child and measures head to heel to .1 cm

NOTE: The length of a child lying is about .7cm more than that same child measured standing. The norms on this table assume that the child is lying up to age 2 and then measured standing after 2nd birthday. Therefore, if a child under 24 completed months is measured standing, be sure to add .7cm to the results that you use in assessing that child's nutritional status with this chart, but record your exact measurement. If using the WHO ANTHRO program that correction will be made for you when you report if child was measured recumbent or standing.

Yellow = Moderate Malnutrition
(-2 to -3 Z-scores)

Green = Normal Nutrition
(-2 to +2 Z-scores)

Red = Severe Malnutrition
(-3 and below Z-scores)

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