

References for Accurately Weighing, Measuring and Calculating BMI for the CHDP Well-Child Exam

Weigh and Measure presentation based on “**How to Accurately Weigh and Measure Children for the CHDP Well-Child Exam.**” Adapted by the State of California, CHDP Nutrition Subcommittee from the online training module: “**Accurately Weighing & Measuring Infants, Children and Adolescents: Technique,**” U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, <http://depts.washington.edu/growth/>, August 2012.

Weighing and Measuring References:

- **Health Resources and Services Administration (HRSA) is part of the U.S. Department of Health and Human Services and helps provide health resources for medically underserved populations.** <http://www.hrsa.gov/index.html>
- **Health Assessment Guidelines:** <http://www.dhcs.ca.gov/services/chdp/Pages/Pub156.aspx>

BMI Presentation based on **Assessing Child Growth Using Body Mass Index (BMI)-for-Age Growth Charts.** Adapted by the State of California CHDP Nutrition Subcommittee from materials developed by California Department of Health Care Services, Children’s Medical Services Branch, Centers for Disease Control and Prevention, Maternal and Child Health Bureau, May 2011.

- **American Academy of Pediatrics Policy Statement: Prevention of Pediatric Overweight and Obesity. *Pediatrics*. 112: 424-430, 2003.** <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;112/2/424>
- **Assessment of Child and Adolescent Overweight and Obesity. *Pediatrics* 120: S193-S228, 2007.** http://pediatrics.aappublications.org/cgi/content/full/120/Supplement_4/S193
- **Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report. *Pediatrics* 120: S164-S192, 2007.** http://pediatrics.aappublications.org/cgi/content/abstract/120/Supplement_4/S164
- **Recommendations for Prevention of Childhood Obesity. *Pediatrics* 120: S229-S253, 2007.** http://pediatrics.aappublications.org/cgi/content/abstract/120/Supplement_4/S229
- **The Validity of BMI as an Indicator of Body Fatness and Risk Among Children. *Pediatrics* 124: S23-S34, 2009.** http://pediatrics.aappublications.org/cgi/content/abstract/124/Supplement_1/S23