



State of California—Health and Human Services Agency
Department of Health Care Services



EDMUND G. BROWN JR.
GOVERNOR

January 18, 2013

CHDP Information Notice: 13-A

TO: CHILD HEALTH DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, NUTRITIONISTS, HEALTH EDUCATORS, PUBLIC HEALTH NURSES INCLUDING PROVIDER RELATIONS AND FOSTER CARE NURSES, AND REGIONAL OFFICE STAFF

SUBJECT: REVISED CHDP PROVIDER TRAINING, "HOW TO ACCURATELY WEIGH AND MEASURE CHILDREN FOR THE CHDP WELL-CHILD EXAM"

Obtaining accurate anthropometric measurements is an integral component of growth assessment. To ensure that CHDP provider office staff are trained in the proper techniques for weighing and measuring, CHDP provides ongoing training opportunities.

The revised version of the CHDP provider training, "How to Accurately Weigh and Measure Children for the CHDP Well-Child Exam" is now available on the CHDP website at: <http://www.dhcs.ca.gov/services/chdp/Pages/Training.aspx>.

This training was updated by the CHDP Nutrition Subcommittee to assist local CHDP program staff with educating providers and their staff in techniques to weigh and measure infants and children accurately. The training focuses on the importance of using standard equipment and techniques to obtain accurate measurements for growth assessment. The training module also allows time for participants to practice the methods shown in the presentation. The training module is designed to permit the local CHDP program staff to offer 50-60 minute training sessions in group settings, or in CHDP provider offices. Instructions are included for hiding slides, if a shorter presentation is needed.

The following materials may be viewed and downloaded from the CHDP website:

- **PowerPoint Presentation** with detailed talking points for the speaker
- **Exam Room Posters (4)** that serve as reminders of correct technique
- **Growth Assessment Resource List** (also used with BMI training module)
- **Training Documents** with customizable forms such as folder labels, attendance sheets and an evaluation form

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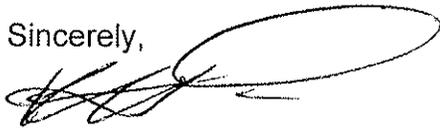
CHDP nutritionists in two counties pilot-tested the training module with CHDP staff and providers, the evaluations indicate that the training increased the participant's confidence in their ability to use the appropriate equipment to obtain accurate weights and measurements of infants and children.

This revised training module complements other provider training modules and tools available on the CHDP Training web page for: nutrition and growth assessment, anticipatory guidance, and referral procedures.

- Using the World Health Organization (WHO) Growth Charts
- Using Body Mass Index-for-Age (BMI) Growth Charts
- Counseling the Overweight Child
- Glucose and Cholesterol Training for Pediatric Obesity

If you have questions about this or other nutrition and growth assessment training tools, please contact Karen Ambrecht at (530) 225-5478 or email kambrecht@co.shasta.ca.us. You may also contact the Regional Office Staff.

Sincerely,



Robert J. Dimand, MD
Chief Medical Officer
Children's Medical Services

Enclosure