

**BMI (Body Mass Index): HEIGHT AND WEIGHT
 COMPETENCY CRITERIA**

DOCUMENTATION OF COMPETENCY ASSESSMENT

CHECK WHEN OBSERVED	COMPETENCIES: Essential Steps for Accurate Screening <i>Licensed Health Care Professional observes screener accurately performing these steps in sequence with minimal coaching:</i>
	1. Assure students' privacy needs are met.
	2. Assemble equipment and prepare environment for measurements.
	3. Assure scale balances correctly at "0" pounds, or scale shows "0" when empty.
	4. Stadiometer is correctly placed with "0" at floor level
	5. Students remove shoes and heavy outer clothing prior to measurement.
	6. For weight measurement, student stands in center of weighing platform, bearing full weight equally on both feet, no shoes.
	7. Measure weight in pounds to nearest quarter pound (0.25).
	8. For height measurement, student stands straight and looking straight ahead with back touching stadiometer surface.
	9. Measure weight in pounds to nearest quarter pound (0.25).
	10. Immediately recheck height. If second measure is not within ¼" (.25 ") of first measure, recheck a third time.
	11. Record results.

SCREENER NAME AND DATE OF OBSERVATION BY HEALTH CARE PROFESSIONAL:

The above-named individual has been observed by the licensed health care professional identified below, as competent in performing the tasks identified above, using the following equipment:

- _____
- _____
- _____

Licensed Health Care Professional Signature: _____

Health Care Professional Name Printed License No. Date