

**Anthropometric Measurement and Physical Examination Table for Children**

Household ID \_\_\_\_\_ Province \_\_\_\_\_ City (or county) \_\_\_\_\_ Neighborhood (town/village) \_\_\_\_\_ HH# \_\_\_\_\_

Name \_\_\_\_\_ Line # \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_

Date of Exam					23 number of milk teeth					Lab Tests				
1 age (mo. yr.)					24 number of cavities					51 serum albumin				
2 weight (kg)					25 size of fontanel					52 hemoglobin				
3 height (cm)					26 square head					53 hematocrit				
4 head circumference (cm)					27 pigeon chest									
5 upper arm circumference (cm)					28 beading of ribs									
6 skin fold (mm)					29 Harrison's groove									
7 emaciation					30 abdominal distention									
8 edema					31 deformation of legs									
9 muscular flaccidity					32 deformation of spinal column									
10 trichosis setosa (hair is lusterless)					33 calf tenderness									
11 goiter														
12 subcutaneous hemorrhage										Clinical Impression				
13 scaling of the skin										61 malnutrition				
14 follicular keratosis										62 rickets				
15 seborrheic folliculitis (skin and gland inflamed)					41 night blindness					63 Vitamin A deficiency				
16 conjunctival xerosis					42 wakes up easily					64 Vitamin B <sub>1</sub> deficiency				
17 corneal opacity + xerotic cornea (dry & opaque cornea)					43 cries easily					65 Vitamin B <sub>2</sub> deficiency				
18 blepharitis (inflammation of corner of eye)					44 night sweats					66 Vitamin C deficiency				
19 angular stomatitis (inflammation of corner of mouth)					45 loss of appetite									
20 cheilitis					46 parorexia									
21 glossitis					47 frequent diarrhea									
22 alveolitis (alveolar hemorrhage)					48 catches cold easily					Examiner				

**Chart for Physical Examination of Nutritional  
Conditions (Used for Adults)**

Household ID \_\_\_\_\_ Province \_\_\_\_\_ City (or county) \_\_\_\_\_ Neighborhood (town/village) \_\_\_\_\_ HH# \_\_\_\_\_

Name \_\_\_\_\_ Line # \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Examination \_\_\_\_ Year \_\_\_\_ Month \_\_\_\_ Day

Height (cm)		11. Edema		(Tongue)		35. Erosion		48. Infant age in months					
Weight (kg)		(Eyes)		23. Glossitis		36. Scarring		49. What disease person has					
Blood pressure (mmHg)		12. Night blindness		24. Dark red		(Skin)							
Skinfold (triceps)(mm)		13. Conjunctival neurosis		25. Ulceration of tongue & mouth		37. Scaling of skin							
Upper arm circumference (cm)		14. Wrinkled conjunctiva		26. Hypertrophy papillae lingualis		38. Keratosis follicularis		50. Amount of time before eyes adjust to darkness (seconds)					
1. Weight loss		15. Keratomalacia		27. Atrophy papillae lingualis		39. Dermatitis seborrheica							
2. Appetite loss		16. Peri-blepharitis		28. Bald tongue		40. Subcutaneous hemorrhage							
3. Lung problems		(Mouth corners)		(Gums)		41. Symmetrical dermatitis of hand						Clinical impressions	
4. Heart problems		17. Wet & white in corner		29. Alveolitis		42. Inflammation of eyelid						Malnutrition	
5. Liver problems		18. Laceration or lesion		30. Alveolar		(Other)						Vitamin A deficiency	
6. Spleen problems		19. Erosion		31. Alveolar petechia		43. Month of pregnancy						B <sub>1</sub> deficiency	
7. Goiter		(Lips)		32. Alveolar atrophy		44. Breastfed or not						B <sub>2</sub> deficiency	
8. Calf tenderness		20. Red & swollen		(Pelvic area)		45. Sufficient milk						Niacin deficiency	
9. Numbness in lower extremities		21. Lesion		33. Red		46. Not sufficient milk						C deficiency	
10. Sluggish knee jerk		22. Erosion		34. Scaling		47. No milk at all						Anemia	

Interviewer: \_\_\_\_\_

Verifier: \_\_\_\_\_

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