

Anthropometry is the measurement of an individual's weight and height and is used to assess nutritional status.

Anthropometric measurements are compared with the U.S. National Center for Health Statistics/World Health Organization (NCHS/WHO) international reference standards and presented as indices.

Three indices in children are commonly used to describe malnutrition:

1. **Weight for Age (WA): Underweight** reflects both chronic and acute malnutrition.

Prevalence of underweight is a Millennium Development Goal Indicator. For more information on the Millennium Development Goals, visit www.un.org/millenniumgoals/.

2. **Height for Age (HA): Stunting** reflects chronic malnutrition.

3. **Weight for Height (WH): Wasting** reflects acute malnutrition.

These measures are commonly expressed as two variables:

- **Z-score**
- **% of median**

These variables are commonly presented in two indicator forms:

- **Prevalence**
[% below a cut-off;
usual cut-off is < -2 Z-score]
- **mean values**

FOOD AND
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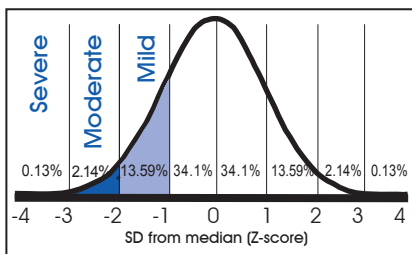


Z-score: [in standard deviation units (SD)] refers to how far and in what direction the anthropometric measurement deviates from the reference median (mean).

Malnutrition Classifications

	Z-score (SD)	% median
Mild	-2 to <-1	80 to <90
Moderate	-3 to <-2	70 to <80
Severe	<-3	<70

International Reference Standard Distribution



Other Common Measures

Body Mass Index (BMI = kg/m²):
used to assess adult nutritional status.

Chronic Energy Deficiency (CED):
% of adults with BMI < 18.5.

Undernourished: % of population whose food intake (daily per capita energy availability) falls below minimum requirement. Derived from FAO modeling and Food Balance Sheets. *A Millennium Development Goal Indicator.*

February 2004

FANTA is a USAID-funded project managed by the Academy for Educational Development.