

Mid-upper arm circumference

The size of your child's mid upper arm can help us learn about their nutritional status. When a height and weight measure is not possible, a measure of the mid-upper arm is very helpful.

What is mid-upper arm circumference?

Circumference is the measurement around an object. We use a flexible measuring tape to measure around the middle of your child's upper arm between the shoulder and elbow.

Your dietitian can track this measurement on a growth curve. Changes in this measure help us monitor your child's growth.

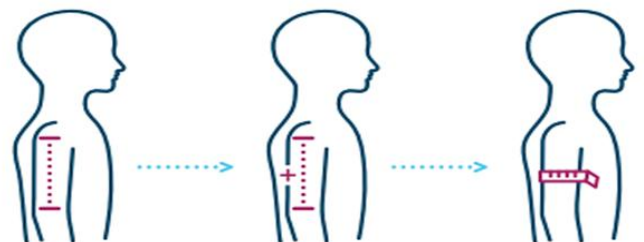
Why is this important?

We are not able to measure height and weight during a MyChart Video Home Visit, so having you get this important measurement at home can help us tell how much fat and muscle your child has on their body.

How to measure the mid-upper arm

- Supplies needed
 - Flexible measuring tape (or paper measuring tape we gave) – on the centimeter side.
 - Small stickers or washable marker.
- Start at your child's shoulder and measure to their elbow. (Tip: write this length down)

- Find halfway point between shoulder and elbow. (Tip: divide the length by 2)
- Place a sticker or small mark with washable marker at the "midpoint". This is where you will measure around the upper arm.
- Measure around your child's upper arm at the "midpoint". Have your child relax the arm, if possible. Make sure the tape measure is snug against your child's arm.
- Please give the measurement in centimeters to your child's dietitian.



Nutrition

For contacts or locations visit:



cookchildrens.org/patients-families/healthcare-team/nutrition-and-dietitian-services/

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.