

# MEASURING AND MONITORING YOUR CHILD'S NUTRITIONAL STATUS

## USING THE MID-UPPER ARM CIRCUMFERENCE Z-SCORE TOOL

### GOOD NUTRITION IS ESSENTIAL TO YOUR CHILD'S GROWTH AND HEALTH IN FOUR KEY WAYS:



Helps your child's body grow and develop



Supports your child's immune health






Keeps your child's brain growing and healthy



Supports your child's appetite

#### PROVIDING THE RIGHT AMOUNT AND TYPE OF NUTRITION CAN BE CHALLENGING

Changes in a child's nutritional status can happen at any time, whether in the hospital or at home. Changes might occur when your child:

-  Is growing rapidly
-  Has a brief illness
-  Has developed a long-lasting medical condition

What's important is to understand that your child's nutritional status has changed, and you can work together with your healthcare professional to improve it.

**33% of children with special healthcare needs who are seen in outpatient settings don't get enough nutrition to support their growth needs.<sup>1</sup>**

#### MEASURING AND MONITORING MUAC IS A WAY TO TRACK YOUR CHILD'S NUTRITIONAL STATUS

##### WHAT IS MUAC?

A measurement of the middle of your child's upper arm.

Tracking changes in this measurement over time can be helpful in determining if your child's growth is on track.

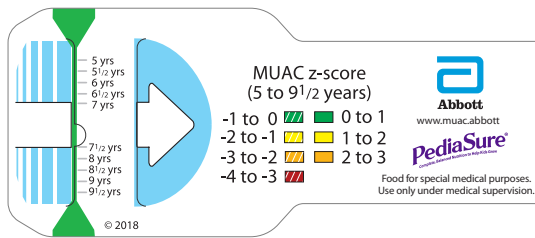
##### HOW IS MUAC MEASURED?

A body measurement taken with a special measuring tape that wraps around the middle of the upper arm of a child (2 months – 18 years of age).

Generally, MUAC is measured by your child's healthcare professional during an appointment. If you use telehealth services, your healthcare professional may guide you in using the tape at home to measure your child's MUAC.

# YOU CAN MEASURE MUAC IN THREE SIMPLE STEPS

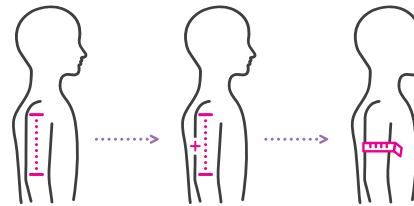
**1** Make a loop by sliding one end of the tape into the slot between the green arrows.



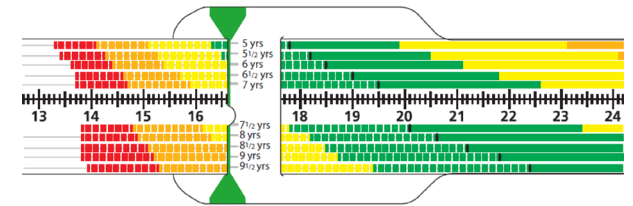
**2** Find the middle of the upper arm between the tip of your child's shoulder and elbow. The ruler on the tape can help you find the mid-point. Mark the spot on the back of the arm then place the tape around the arm at this spot.

## TO ENSURE PROPER MEASUREMENT:

Make sure the arm is fully extended and hanging down by the side before measuring. Pull the tape so it's snug (not too tight or too loose).



**3** Read the measurement between the green arrows. Look for the coloured line that matches your child's age and measurement.



## WHAT DO THE COLOURS AND LINES MEAN?

Colours range from **GREEN** to **RED** and show your child's nutritional status compared to the nutritional status of other children who are the same age:

Your healthcare professional may use MUAC, age, gender, and overall health to assess your child's nutritional status and create a nutrition plan that's best for your child.



- Within normal range
- May have mild overnutrition
- May have moderate overnutrition
- Within normal range
- May have mild undernutrition
- May have moderate undernutrition
- May have severe undernutrition

## SUPPORT YOUR CHILD'S NUTRITION AND GROWTH BY WORKING WITH YOUR HEALTHCARE PROFESSIONAL TO:

- Determine if the MUAC tool would be an appropriate and helpful way to measure your child's nutrition status.
- Learn how to properly use the MUAC tool during telehealth appointments.
- Determine how often to measure your child's MUAC.
- Develop a nutrition plan that meets your child's growth needs.