**Pre-Test and Post-Test :**

**Module 3**

**Anthropometric measurement for adults and children above 5**

Location of Training: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position/Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre and post-tests help assess knowledge gained from participating in the training. Please read the following instructions carefully before you begin the test:

* You have **15 minutes** to complete all the questions.
* Circle the correct answer for each of the following questions. Each question has **only one** correct answer.

1. What are anthropometric measurements among adults?

a. Weight

b. Height

c. Waist circumference

d. Hip circumference

e. Mid-upper arm circumference (MUAC)

**f. All above correct**

2. What is the importance of anthropometric measurements among adults?

a. Commonly used indicators of nutritional status because they are non-invasive and inexpensive

b. Can serve as diagnostic criteria for obesity, which is associated with cardiovascular disease, hypertension, & diabetes

c. Can be used among critical stages of children under 5 as well

d. **a and b correct**

e. a and c correct

3. Before use weight scale for adult measurement is?

a. No need to do calibration

b. Calibrate the scale every time it is moved to a new location

c. Scale for adults not necessary to test for value of weight.

d. Calibrating the scale helps to ensure accuracy and reliability of the measurements.

**e. b and d correct**

f. a and c correct

4. Reason for remeasurement of height.

a. To ensure accuracy and reliability of the measurements.

b. If the two height measurements differ by 0.5 cm or more, repeat the steps for a 3rd

measurement

c. If the two height measurements differ by 0.5 cm or more, just get the latest value of

measurement.

**d. a and b correct**

e. a and c correct

5. Need to have private place for waist circumference measurement

**a. True**

b. False

c. Not sure

6. Waist-to-Hip Ratio (WHR)

a. Calculate by waist circumference / Hip circumference

b. Reflect fat distribution in body

c. Appropriate with Children under 5.

**d. a and b correct**

e. a and c correct

7. Apple-shape (waist circumference> hip circumference) is associated with higher risk of

NCDs.

1. **True**
2. False

8. Association of WHR with

a. Non-communicable disease (NCD)

b. Ratios of >0.90 in men and >0.85 in women are associated with higher likelihood

c. Apple-shape is associated with higher risk of NCDs and fat is distributed around the

vital organs like liver.

d. **All above correct**

e. b and c correct

f. a and c correct

9. Classification as normal of MUAC in adult:

a. < 17 cm

b. 17-21 cm

c. 21-21 cm

**d. 23 cm**

10. Waist circumference above a given level indicates greater risk of cardiovascular disease:

a. 88 cm in women

b. 102 cm in men

c. 90 cm in women

d. 100 cm for men

e. **a and b correct**

f. c and d correct

11. Indicators as belove help assess risk of obesity and related complications including NCDs such as

a. BMI

b. Waist circumference

c. Waist to hip ratio

d. Hip circumference

**e. a, b, c correct**

d. a,b, d correct