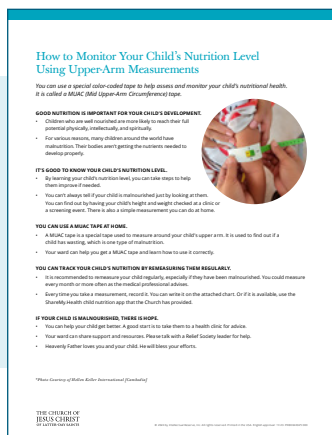


How to Monitor a Child's Nutrition Level Using Upper-Arm Measurements

Families can use a simple color-coded tape to help assess and monitor their children's nutritional health. It is called a MUAC (Mid Upper-Arm Circumference) tape. Our goal as leaders is to help families recognize when a child is malnourished and to support them in improving their child's health.

KEY POINTS

- **Good nutrition is important for children.** Children who are well nourished are more likely to reach their potential physically, intellectually, and spiritually. Many children worldwide do not develop as they should because of malnutrition. Malnutrition happens when a child's body is not getting the kinds and amounts of nutrients needed for healthy growth.
- **Identifying malnutrition early blesses children's lives.** It is not always obvious when a child is malnourished. By learning what their children's nutrition level is, parents can take steps to improve their children's health.
- **Measurements can be used to tell if a child is malnourished.** Height and weight measurements are often used to check for malnutrition. A simpler method is to use a MUAC tape to measure around the upper arm. A MUAC tape is a tool to assess whether a child has wasting, which is one type of malnutrition.
- **Parents can learn to use a MUAC tape at home.** A MUAC tape may be used initially to find if a child has wasting. It is also recommended to remeasure children regularly, especially those who have been malnourished. Measurements could be done every month or more often as the medical professional advises.
- **A MUAC tape must be used correctly for results to be accurate.** Parents should receive training that includes practice in using the tape. At times, parents may need to be retrained on how to use the MUAC tape.
- **See the attached MUAC tape instructions.**



Family Guide: How to Monitor Your Child's Nutrition Level Using Upper-Arm Measurements

Share this guide with families and others as needed:
ChildNutrition.ChurchofJesusChrist.org.

**Photo Courtesy of Hellen Keller International [Cambodia]*

Questions to Prayerfully Consider

- Who in your ward might benefit from using a MUAC tape?
- How can we teach parents and others how to use MUAC tapes?



Inspiration from the Scriptures

"And he took their little children, one by one, and blessed them, and prayed unto the Father for them."

3 Nephi 17:21

WHAT CAN WE DO?

Consider these ideas and others as you counsel together and pray for guidance.

Always treat families of malnourished children with love. They may be struggling financially, spiritually, or emotionally. Our goal is to increase hope and help them plan how to help their child.

Leaders

- Pray for children and families in your ward who are struggling with malnutrition. Act on the inspiration you receive.
- Think of situations where MUAC tape measurements might be useful. For example:
 - Families who can conduct their own screening at home
 - Families whose children need repeat measuring to see if they are recovering from malnutrition
- Find out how to provide MUAC tapes for families. The welfare and self-reliance manager supporting your stake can help you.
- Learn how to use a MUAC tape correctly.
- Make sure parents are properly trained to use the tape.
- Consider giving MUAC tape training to ministering brothers and sisters assigned to families with malnourished children.

Ministering Brothers and Sisters

- Learn to use a MUAC tape correctly.
- If a family needs to use a MUAC tape, share the family guide on this topic with them. Teach them how to use the tape. If needed, help them measure their child.
- Encourage parents to take malnourished children to a health clinic. Try to understand challenges that might keep them from getting there. Offer what help you can. Turn to Relief Society or elders quorum leaders if more help is needed.

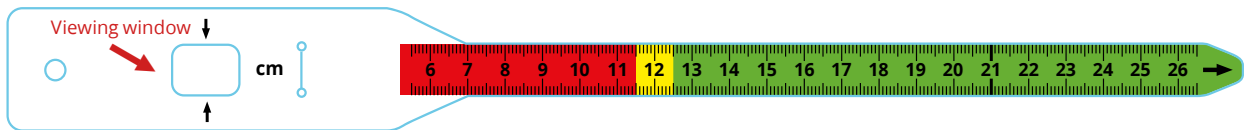
LEARN MORE

Learn more about other ways to improve child nutrition:
ChildNutrition.ChurchofJesusChrist.org



How to Find a Child's Nutrition Level Using a MUAC Tape

A MUAC (Mid Upper-Arm Circumference) tape is a simple tool to help assess whether a child has wasting, which is one type of malnutrition. Be sure to use a MUAC tape that is appropriate for the child's age.



<https://www.unicef.org/supply/media/1421/file/mid-upper-arm-circumference-measuring-tapes-technical-bulletin.pdf>

You will need: ☐ a MUAC tape. ☐ a pen. ☐ a record sheet or other place to record results.

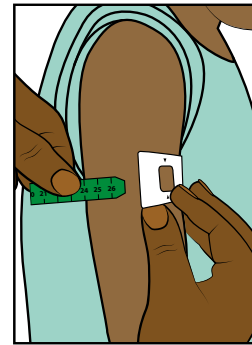
Follow these five steps.



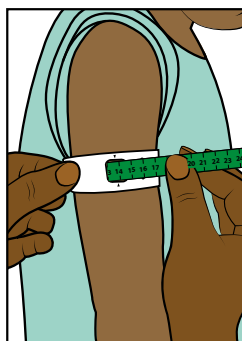
- 1 Remove clothing from the child's arm. The arm should hang down at the child's side, relaxed.



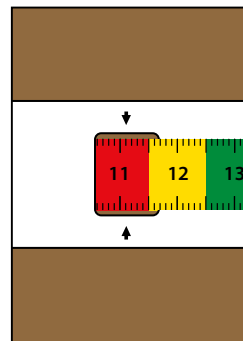
- 2 Find the middle point of the upper arm. It is halfway between the shoulder and the elbow.



- 3 Wrap the tape around the arm at the middle point. Insert the green end through the viewing window.



- 4 Tighten the tape to fit snugly against the skin without squeezing the arm.



- 5 Look in the viewing window where the two arrows point. Write down the color and the measurement.

Consider the meaning.

GREEN

Green indicates the child's nutrition level is likely normal. Continue to monitor the child regularly.

YELLOW

Yellow indicates the child likely has moderate wasting.

The child should be taken to a health clinic within 1-2 weeks.

RED

Red indicates the child likely has severe wasting.

The child should be taken to a health clinic within 24 hours.