

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

*You can use a special color-coded tape to help assess and monitor your child's nutritional health. It is called a MUAC (Mid Upper-Arm Circumference) tape.*

## **GOOD NUTRITION IS IMPORTANT FOR YOUR CHILD'S DEVELOPMENT.**

- Children who are well nourished are more likely to reach their full potential physically, intellectually, and spiritually.
- For various reasons, many children around the world have malnutrition. Their bodies aren't getting the nutrients needed to develop properly.

## **IT'S GOOD TO KNOW YOUR CHILD'S NUTRITION LEVEL.**

- By learning your child's nutrition level, you can take steps to help them improve if needed.
- You can't always tell if your child is malnourished just by looking at them. You can find out by having your child's height and weight checked at a clinic or a screening event. There is also a simple measurement you can do at home.



## **YOU CAN USE A MUAC TAPE AT HOME.**

- A MUAC tape is a special tape used to measure around your child's upper arm. It is used to find out if a child has wasting, which is one type of malnutrition.
- Your ward can help you get a MUAC tape and learn how to use it correctly.

## **YOU CAN TRACK YOUR CHILD'S NUTRITION BY REMEASURING THEM REGULARLY.**

- It is recommended to remeasure your child regularly, especially if they have been malnourished. You could measure every month or more often as the medical professional advises.
- Every time you take a measurement, record it. You can write it on the attached chart. Or if it is available, use the ShareMy.Health child nutrition app that the Church has provided.

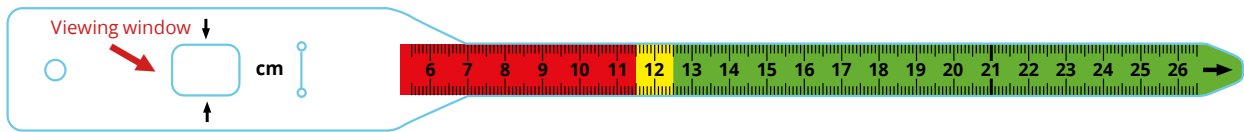
## **IF YOUR CHILD IS MALNOURISHED, THERE IS HOPE.**

- You can help your child get better. A good start is to take them to a health clinic for advice.
- Your ward can share support and resources. Please talk with a Relief Society leader for help.
- Heavenly Father loves you and your child. He will bless your efforts.

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

# 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.

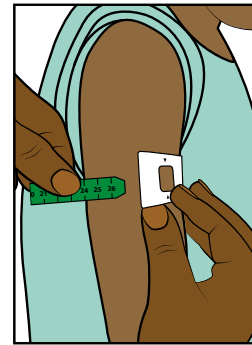
## Follow these five steps.



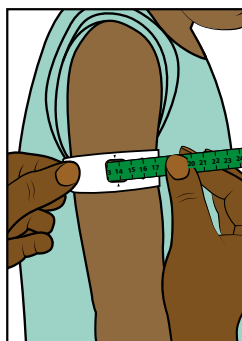
- 1 Remove clothing from the child's arm. The arm should hang down at the child's side, relaxed.



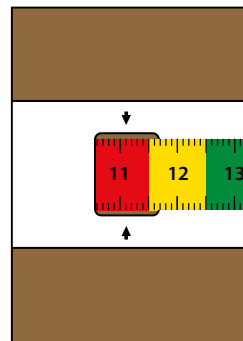
- 2 Find the middle point of the upper arm. It is halfway between the shoulder and the elbow.



- 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.**

# My Child's MUAC Measurements

Child's full name \_\_\_\_\_

Child's birth date \_\_\_\_\_

Date of MUAC measurement	Color (circle one)	Measurement (to the nearest millimeter; for example, 11.1 cm)
	<div><div></div>GREEN</div> <div><div></div>YELLOW</div> <div><div></div>RED</div>	
	<div><div></div>GREEN</div> <div><div></div>YELLOW</div> <div><div></div>RED</div>	
	<div><div></div>GREEN</div> <div><div></div>YELLOW</div> <div><div></div>RED</div>	
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