

## CIRCUNFERÊNCIA DO BRAÇO E CIRCUNFERÊNCIA MUSCULAR DO BRAÇO

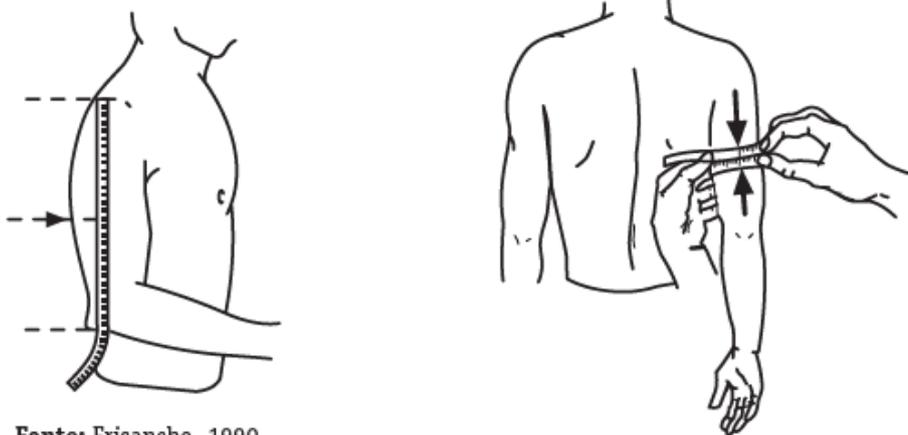
A circunferência do braço representa o perímetro ocupado pelos tecidos ósseo, muscular e adiposo. Juntamente com a prega cutânea tricípital, é possível avaliar a circunferência muscular do braço para avaliar a reserva proteica, útil para quantificar as diferenças intraindividuais durante o acompanhamento nutricional. Para classificar a circunferência do braço de acordo com a idade e gênero, existem os percentis propostos por Frisancho (1990) e as curvas de CB por idade da WHO (2007) e a circunferência muscular do braço é possível classificar por Frisancho (1999).

### Aferição da circunferência do braço

A circunferência do braço é medida com o paciente em pé.

- A) O braço deve ficar dobrado formando 90° em relação ao tronco. Com o auxílio de fita métrica inextensível, medir a distância entre o acrômio e olecrano.
- B) Marcar o ponto médio do braço (média da distância aferida no passo A).
- C) Deixar o braço livre ao lado do tronco, e medir a circunferência no ponto médio demarcado.

### Circunferência braquial



Fonte: Frisancho, 1990.

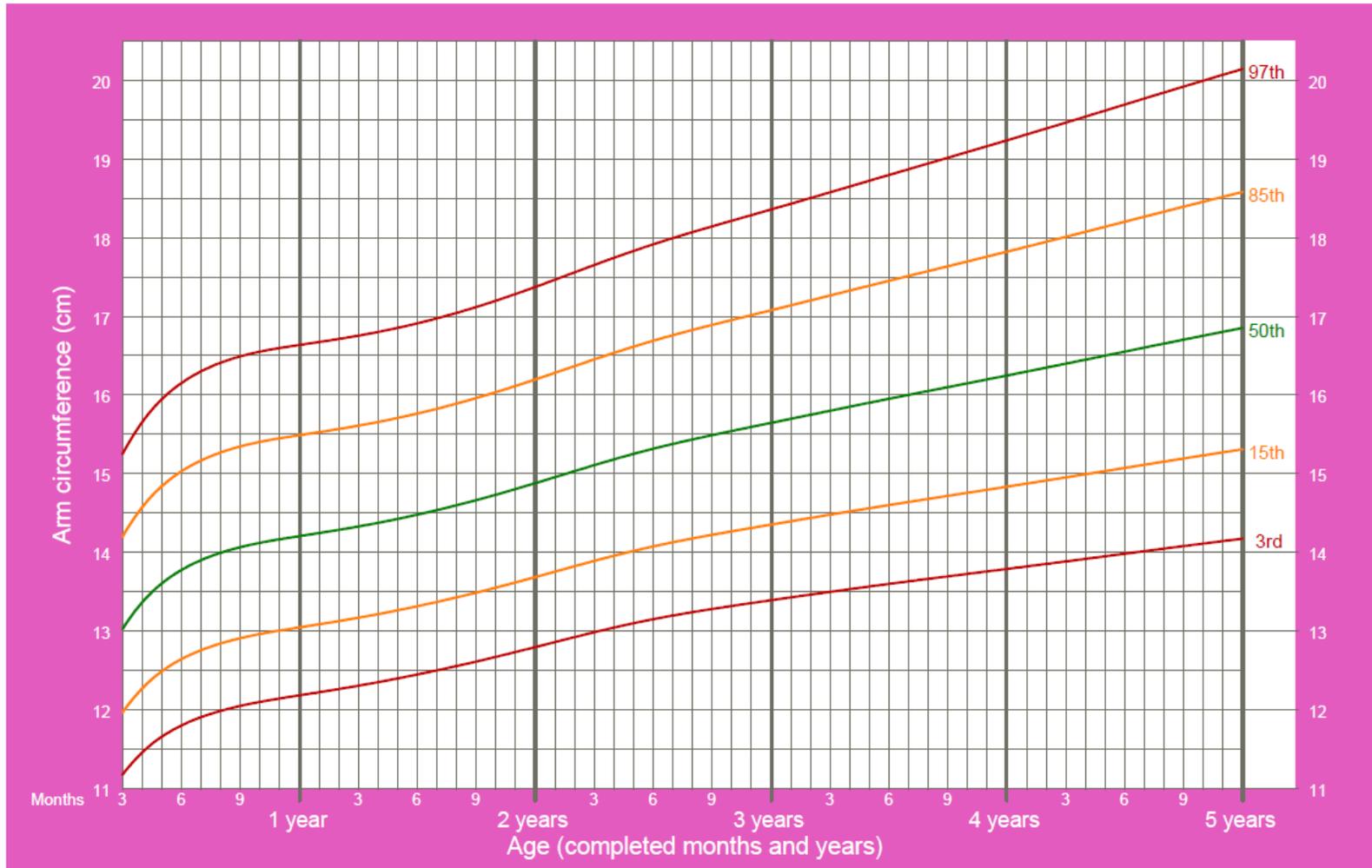
Percentis da circunferência braquial (cm), segundo idade e gênero.

Idade (anos)	Masculino			Feminino		
	P5	P50	P95	P5	P50	P95
1 – 1,9	14,2	16,0	18,2	13,6	15,7	17,8
2 – 2,9	14,3	16,3	18,6	14,2	16,1	18,5
3 – 3,9	15,0	16,8	19,0	14,4	16,6	19,0
4 – 4,9	15,1	17,1	19,3	14,8	17,0	19,5
5 – 5,9	15,5	17,5	20,5	15,2	17,5	21,0
6 – 6,9	15,8	18,0	22,8	15,7	17,8	22,0
7 – 7,9	16,1	18,7	22,9	16,4	18,6	23,3
8 – 8,9	16,5	19,2	24,0	16,7	19,5	25,1
9 – 9,9	17,5	20,1	26,0	17,6	20,6	26,7
10 – 10,9	18,1	21,1	27,9	17,8	21,2	27,3
11 – 11,9	18,5	22,1	29,4	18,8	22,2	30,0
12 – 12,9	19,3	23,1	30,3	19,2	23,7	30,2
13 – 13,9	20,0	24,5	30,8	20,1	24,3	32,7
14 – 14,9	21,6	25,7	32,3	21,2	25,1	32,9
15 – 15,9	22,5	27,2	32,7	21,6	25,2	32,2
16 – 16,9	24,1	28,3	34,7	22,3	26,1	33,5
17 – 17,9	24,3	28,6	34,7	22,0	26,6	35,4
18 – 24,9	26,0	30,7	37,2	22,4	26,8	35,2

Fonte: Frisancho AR, 1990

# Arm circumference-for-age GIRLS

3 months to 5 years (percentiles)



WHO Child Growth Standards

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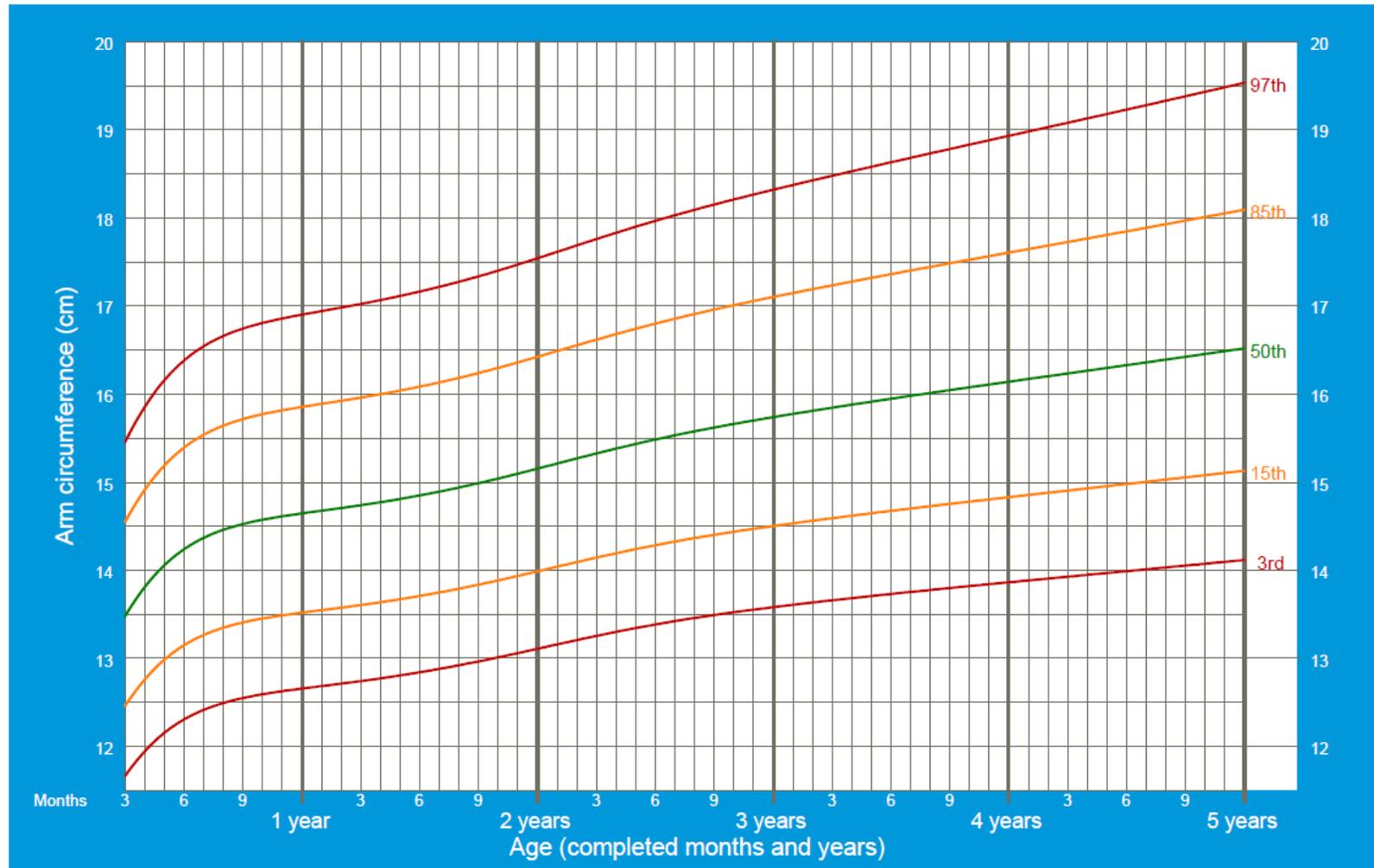
3 months to 5 years (percentiles)



Year: Month	Month	L	M	S	Percentiles (arm circumference in cm)										
					1st	3rd	5th	15th	25th	50th	75th	85th	95th	97th	99th
0: 3	3	-0.1733	13.0284	0.08263	10.8	11.2	11.4	12.0	12.3	13.0	13.8	14.2	14.9	15.3	15.8
0: 4	4	-0.1733	13.3649	0.08298	11.1	11.5	11.7	12.3	12.6	13.4	14.1	14.6	15.3	15.7	16.3
0: 5	5	-0.1733	13.6061	0.08325	11.2	11.7	11.9	12.5	12.9	13.6	14.4	14.8	15.6	15.9	16.6
0: 6	6	-0.1733	13.7771	0.08343	11.4	11.8	12.0	12.6	13.0	13.8	14.6	15.0	15.8	16.2	16.8
0: 7	7	-0.1733	13.9018	0.08352	11.5	11.9	12.1	12.8	13.1	13.9	14.7	15.2	16.0	16.3	16.9
0: 8	8	-0.1733	13.9952	0.08351	11.6	12.0	12.2	12.8	13.2	14.0	14.8	15.3	16.1	16.4	17.1
0: 9	9	-0.1733	14.0665	0.08342	11.6	12.0	12.3	12.9	13.3	14.1	14.9	15.3	16.2	16.5	17.1
0:10	10	-0.1733	14.1217	0.08326	11.7	12.1	12.3	13.0	13.4	14.1	14.9	15.4	16.2	16.6	17.2
0:11	11	-0.1733	14.1667	0.08305	11.7	12.1	12.4	13.0	13.4	14.2	15.0	15.5	16.3	16.6	17.2
1: 0	12	-0.1733	14.2065	0.08280	11.8	12.2	12.4	13.0	13.4	14.2	15.0	15.5	16.3	16.6	17.3
1: 1	13	-0.1733	14.2455	0.08254	11.8	12.2	12.5	13.1	13.5	14.2	15.1	15.5	16.3	16.7	17.3
1: 2	14	-0.1733	14.2859	0.08227	11.8	12.3	12.5	13.1	13.5	14.3	15.1	15.6	16.4	16.7	17.4
1: 3	15	-0.1733	14.3289	0.08202	11.9	12.3	12.5	13.2	13.6	14.3	15.1	15.6	16.4	16.8	17.4
1: 4	16	-0.1733	14.3752	0.08179	11.9	12.4	12.6	13.2	13.6	14.4	15.2	15.7	16.5	16.8	17.4
1: 5	17	-0.1733	14.4254	0.08160	12.0	12.4	12.6	13.3	13.7	14.4	15.2	15.7	16.5	16.9	17.5
1: 6	18	-0.1733	14.4795	0.08143	12.0	12.4	12.7	13.3	13.7	14.5	15.3	15.8	16.6	16.9	17.6
1: 7	19	-0.1733	14.5372	0.08131	12.1	12.5	12.7	13.4	13.8	14.5	15.4	15.8	16.6	17.0	17.6
1: 8	20	-0.1733	14.5987	0.08123	12.1	12.6	12.8	13.4	13.8	14.6	15.4	15.9	16.7	17.0	17.7
1: 9	21	-0.1733	14.6639	0.08118	12.2	12.6	12.9	13.5	13.9	14.7	15.5	16.0	16.8	17.1	17.8
1:10	22	-0.1733	14.7328	0.08118	12.2	12.7	12.9	13.6	14.0	14.7	15.6	16.0	16.9	17.2	17.9
1:11	23	-0.1733	14.8049	0.08121	12.3	12.7	13.0	13.6	14.0	14.8	15.6	16.1	16.9	17.3	17.9
2: 0	24	-0.1733	14.8795	0.08127	12.4	12.8	13.0	13.7	14.1	14.9	15.7	16.2	17.0	17.4	18.0
2: 1	25	-0.1733	14.9559	0.08136	12.4	12.9	13.1	13.8	14.2	15.0	15.8	16.3	17.1	17.5	18.1
2: 2	26	-0.1733	15.0327	0.08147	12.5	12.9	13.2	13.8	14.2	15.0	15.9	16.4	17.2	17.6	18.2
2: 3	27	-0.1733	15.1085	0.08161	12.5	13.0	13.2	13.9	14.3	15.1	16.0	16.5	17.3	17.7	18.3

# Arm circumference-for-age BOYS

3 months to 5 years (percentiles)



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Year: Month	Month	L	M	S	Percentiles (arm circumference in cm)										
					1st	3rd	5th	15th	25th	50th	75th	85th	95th	97th	99th
0: 3	3	0.3928	13.4817	0.07475	11.3	11.7	11.9	12.5	12.8	13.5	14.2	14.6	15.2	15.5	16.0
0: 4	4	0.3475	13.8097	0.07523	11.5	11.9	12.2	12.8	13.1	13.8	14.5	14.9	15.6	15.9	16.4
0: 5	5	0.3092	14.0585	0.07566	11.7	12.2	12.4	13.0	13.4	14.1	14.8	15.2	15.9	16.2	16.7
0: 6	6	0.2755	14.2389	0.07601	11.9	12.3	12.5	13.1	13.5	14.2	15.0	15.4	16.1	16.4	16.9
0: 7	7	0.2453	14.3678	0.07629	12.0	12.4	12.6	13.3	13.6	14.4	15.1	15.5	16.3	16.5	17.1
0: 8	8	0.2179	14.4591	0.07650	12.1	12.5	12.7	13.3	13.7	14.5	15.2	15.6	16.4	16.7	17.2
0: 9	9	0.1925	14.5245	0.07665	12.1	12.5	12.8	13.4	13.8	14.5	15.3	15.7	16.5	16.7	17.3
0:10	10	0.1690	14.5733	0.07676	12.2	12.6	12.8	13.5	13.8	14.6	15.3	15.8	16.5	16.8	17.4
0:11	11	0.1469	14.6119	0.07683	12.2	12.6	12.9	13.5	13.9	14.6	15.4	15.8	16.6	16.9	17.4
1: 0	12	0.1261	14.6449	0.07689	12.2	12.7	12.9	13.5	13.9	14.6	15.4	15.9	16.6	16.9	17.5
1: 1	13	0.1064	14.6758	0.07694	12.2	12.7	12.9	13.5	13.9	14.7	15.5	15.9	16.6	16.9	17.5
1: 2	14	0.0876	14.7063	0.07699	12.3	12.7	12.9	13.6	14.0	14.7	15.5	15.9	16.7	17.0	17.6
1: 3	15	0.0697	14.7380	0.07703	12.3	12.7	13.0	13.6	14.0	14.7	15.5	16.0	16.7	17.0	17.6
1: 4	16	0.0526	14.7723	0.07707	12.3	12.8	13.0	13.6	14.0	14.8	15.6	16.0	16.8	17.1	17.7
1: 5	17	0.0362	14.8095	0.07710	12.4	12.8	13.0	13.7	14.1	14.8	15.6	16.0	16.8	17.1	17.7
1: 6	18	0.0204	14.8496	0.07713	12.4	12.8	13.1	13.7	14.1	14.8	15.6	16.1	16.9	17.2	17.8
1: 7	19	0.0051	14.8926	0.07717	12.4	12.9	13.1	13.7	14.1	14.9	15.7	16.1	16.9	17.2	17.8
1: 8	20	-0.0097	14.9388	0.07721	12.5	12.9	13.2	13.8	14.2	14.9	15.7	16.2	17.0	17.3	17.9
1: 9	21	-0.0239	14.9883	0.07725	12.5	13.0	13.2	13.8	14.2	15.0	15.8	16.2	17.0	17.3	17.9
1:10	22	-0.0378	15.0410	0.07731	12.6	13.0	13.2	13.9	14.3	15.0	15.8	16.3	17.1	17.4	18.0
1:11	23	-0.0512	15.0964	0.07738	12.6	13.1	13.3	13.9	14.3	15.1	15.9	16.4	17.2	17.5	18.1
2: 0	24	-0.0643	15.1536	0.07746	12.7	13.1	13.3	14.0	14.4	15.2	16.0	16.4	17.2	17.5	18.2
2: 1	25	-0.0770	15.2115	0.07755	12.7	13.2	13.4	14.0	14.4	15.2	16.0	16.5	17.3	17.6	18.2
2: 2	26	-0.0894	15.2693	0.07767	12.8	13.2	13.4	14.1	14.5	15.3	16.1	16.6	17.4	17.7	18.3
2: 3	27	-0.1014	15.3259	0.07780	12.8	13.3	13.5	14.1	14.5	15.3	16.2	16.6	17.4	17.8	18.4

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