

Height and Weight Form

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ID #: _____

Date: _____

1. Measurement Staff ID:

2. Height, cm

Trial A

Trial B

a. . .

*Repeat both height measurements
if difference ≥ 1 cm.*

(if needed):

b. . .

c. . .

3. Weight, kg

Trial A

Trial B

a. . .

*Repeat both weight measurements if
difference ≥ 0.5 kg.*

(if needed):

b. . .

c. . .

4. Comments _____

1. Introduction

All participants are to have their height and weight measured at their baseline clinic visit. Study staff members trained and certified in these measurements will be responsible for carrying out these measurements.

2. Data Collection, Training, and Certification

One staff member is required for the collection of height and weight data. Prior to any measurement, the staff member must ensure that the Height and Weight Form has been labeled with the participant's Study ID number and visit date. Upon verification, the staff member may perform the measurements and record the data on the form.

Staff members performing the measurements will receive four hours of training and practice prior to certification (trainees). For certification, each trainee will measure the height and weight of three subjects. An expert will measure the same subjects. For certification of height, agreement between expert and trainers must be within 1 cm for each subject and 0.5 cm for the mean of the group. For body weight certification, agreement must be within 0.5 kg for each subject and 0.3 kg for the mean of the group. Results will be summarized, and for any data collectors who do not certify, an additional opportunity will be provided for certification.

3. Administration

The order of administration of anthropometric measurements will be weight followed by height.

4. Equipment

The following equipment is required for the height and weight measurements:

- Calculator
- Height board
- Weight scale (digital)
- Spare batteries for scale
- Basket for emptying pockets and removing hair clips
- Pen & clipboard
- Height and Weight Measurement Forms

5. Height and Weight Measurement Procedure

Two trials of each measurement will be performed and recorded for each subject. The measurements are repeated in sets of two trials until the difference between the two height measurements is < 1.0 cm, and the difference between the two weight measures is < 0.5 kg.

Height

Standing height will be measured using a wall mounted height board.

Prior to the height measurement the subject should remove his/her shoes. If the subject has a hair accessory or hairstyle that interferes with the measurement, she/he will be asked to remove the accessory or change her/his hairstyle (e.g. take out ponytail band).

Participant must stand with his/her back towards the stadiometer. The weight of the participant must be evenly distributed on both feet and the arms hang freely by the sides of the body, palms facing the thighs. The participant should place the heels together, with both feet at about

60° angle. Note: If the subject has knock-knees, the feet are separated so that the medial borders of the knees are in contact but not overlapping.

1. The subject's head should be positioned in the Frankfurt Horizontal plane. In this position an imaginary line can be drawn from the bottom of the eye socket (orbital margin) to the external opening of the ear (external auditory canal).
2. The heels, shoulder blades, buttocks, and back of the head should be against the vertical surface. Note: The heels, buttocks, scapulae, and posterior aspect of the cranium (head) of some subject cannot be placed in one vertical plane while maintaining a reasonable natural stance. These subjects are positioned so that only the buttocks and the heels or the cranium are in contact with the vertical board.
3. The participant should be asked to inhale deeply and hold his/her breath, while maintaining the erect position and without altering the load on the heels. Reposition the head in the Frankfurt plane, if necessary. The moveable headboard should be brought onto the highest point of the head, with sufficient pressure to compress the hair.
4. The measurement is recorded to the nearest 0.1 cm. The measurement is called out by the measurer as follows: "height, 162.5" and repeated "162.5" as he/she writes down the number. The participant is asked to step away and then step back into the same position for a second measurement.
5. Repeat the process and record the second measurement.
6. Note any conditions or situations, which occur to make the measurement undependable on the bottom of the form. (e.g. subject refused to comply with the removal of hair accessory).

Weight

Body weight will be measured using a digital scale.

1. Have participant remove shoes, any coat or cardigan, and empty his/her pockets.
2. Have participant stand in the center of scale, facing away from the balance, holding the head up. Body weight must be evenly distributed on both feet and the participant must have his/her hands hanging freely at his/her sides (i.e. make sure participant is not holding on to anything).
3. Weight is measured to the nearest 0.1 kg.
4. Record participant's weight, The measurer calls out the measurement as follows: "weight 40.1 kg" and repeated, "weight 40.1 kg" as he/she writes down that number.
5. Any conditions or situations, which occur to make the measurement undependable, should be noted on the bottom of the form.