

Office on Women's Health (OWH)

Living Healthier, Living Longer

The following anthropometric and health indicators will be measured for each individual (respondent) involved in the intervention.

MEASUREMENT	APPROACH
1. Waist Circumference	<i>As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009</i>
2. Weight	<i>As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009</i>
3. Height	<i>As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009</i>
4. Blood Pressure	<i>Measured using a sphygmomanometer</i>
5. Body Fat Percentage	<i>As discussed in Centers for Disease Control and Prevention (CDC). National Health and Nutrition Examination Survey. Anthropometry Procedures Manual, January 2009</i>
6. Flexibility	<i>Measured using the Sit and Reach test, YMCA Fitness Testing and Assessment Manual, 4th edition, 2000, 60606</i>
7. Balance/Fall-risk	<i>Measured using the 8 ft up and go test. Rose DJ, Jones CJ, Lucchese N. Predicting the probability of falls in community-residing older adults using the 8-foot up and go: A new measure of functional mobility. J Aging Phys Activity. 2002;10:466-75</i>
8. Cardiovascular Step Test	<i>Measured using the YMCA Step Test Protocol. Discussed in Hyde CL. Fitness Instructor Training Guide, Fourth Edition. American Association for Active Lifestyles and Fitness. 2002</i>