

Attachment A

National Health and Nutrition Examination Survey (NHANES) Comparisons of Waist Circumference Measurements Pilot

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NHANES Comparisons of Waist Circumference Measurements Pilot

Eligibility: All NHANES participants 20 years and older who participate in the mobile examination center (MEC) body measurements component, are eligible. The maximum number of respondents would be 530.

Informed Consent: Written informed consent will be obtained as part of the regular NHANES consent process for the examination in the MEC.

Exclusion Criteria: Individuals with cognitive impairments or in a wheelchair will be excluded.

Data Collection: The study will take place in the MEC. NHANES measures waist circumference (WC) at the level of the iliac crest as recommended by the National Heart, Lung, and Blood Institute (NHLBI). The World Health Organization (WHO) measures WC at the mid-point between the highest point of the iliac crest and the lowest rib. The NHLBI sponsored Multi-Ethnic Study of Atherosclerosis (MESA) measures WC at the level of the umbilicus.

Specifically, before changing into MEC exam gown or before leaving the MEC after changing back into street clothes, the health technician (HT) will give eligible participants a brief explanation and a demonstration of doing a self-measured MESA–WC using a Gulick II Plus tape. HTs will also measure the thickness of clothing on all participants. That measurement will be obtained by using a caliper and recording the measurement to the nearest millimeter. This measure will be able to provide us with the ability to account for as much as possible for cloth

thickness and to determine if measurement of clothing thickness is needed to obtain an accurate measurement. Then, the participant will be asked to put the tape measure around the waist at the level of the umbilicus to obtain a coached self-measured MESA–WC. The self-measurement will be observed that it is done correctly by the HT, and then the HT will record the results off the tape measurement to the nearest 0.1 cm. If the participant could not obtain the measurement correctly for not understanding the verbal instructions, the HT will code “Not done” for the self-measured MESA-WC.

The WHO–WC and MESA–WC measurements will be added to the current anthropometry component (body measures) in the MEC. It will be performed at the same time the current NHANES–WC measurement is taken. The NHANES-WC, WHO-WC, and MESA-WC will be randomized and measurements will be taken directly on the skin. The MESA-WC obtained on the skin will be taken twice in a random order, once using a Lufkin tape and once using Gulick II Plus tape measure. The waist circumference component of the NHANES ISIS system will be updated with prompts to ensure that the health technician and the recorder are performing the correct protocol with the correct data entry screen in the order the randomization process assigns.

Report of Findings: Finding from the standard NHANES waist circumference measure as part of the anthropometry component will be provided to participants as part of the regular NHANES study. Findings from the WHO and NHLBI MESA measurements will not be reported to participants.

Script

Body measurements (BM), specifically waist circumference measurements, are part of the usual NHANES examination. Health technicians will use the following script to introduce the waist circumference measurement over street clothes.

“We would like you to take a measurement of your waist over your clothes as part of your body measurements exam. First, I’ll measure the thickness of your clothes. Second, I’ll ask you to put a tape measure around your waist like a belt at the level of your belly button. I will coach you how to apply the tape correctly and will ask you to make the corrections by yourself. Lastly, I’ll record the results of the measurement.”

There will be text for the additional WC measurements in the BM component. “For this part of your exam, we usually take 1 waist circumference measurement. Today, however, we’d like to take additional waist circumference measurements for our study.” The participant will have the option of declining the additional WC measurements.