



INSTRUCTIONS FOR ANTHROPOMETRY FORM ANT, VERSION 2.0 (QxQ)

I. GENERAL INSTRUCTIONS

The Anthropometry Form is filled out by the study coordinator at the clinic visit.

Header Information: The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

- Item 1. Select the description that best details the participant's ability to stand. If 'Cannot stand on both feet' standing height will not be measured, however 'Girth' measurement should still be collected and recorded in item 6.
 - Item 2. **Standing height.** Have the participant stand flat footed with his/her chin parallel to the floor and back straight. Record the participant's height to the nearest centimeter.
 - Item 3. **Body weight.** Record the participant's weight in kilograms to the nearest tenth.
 - Item 4. **Body Mass Index (BMI).** The data management system will automatically calculate the participant's body mass index based on the values entered in item 2 and item 3.
- Girth measurement is taken with a Gulick II measuring tape.
- Item 5. Item 5 has been removed.
 - Item 6. **Girth.**

Waist. To define the level at which the waist of abdominal circumference is measured, you must first locate and mark a bony landmark, the lateral border of the ilium. Have the participant stand and hold their t-shirt above the waist. Lower the pants and underclothing of the participant slightly, and standing behind and to the right of the participant, palpate the hip area to locate the right ilium.

Draw a horizontal line just above the uppermost lateral border of the right ilium and then cross the line to indicate the mid-axillary line of the body. Standing on the participant's right side, place the measuring tape around the trunk in a horizontal plane at the level marked on the right side of the trunk. Hold the zero end below the measurement value. Use the mirror on the wall to ensure correct horizontal alignment of the measuring tape. This is especially useful when measuring overweight participants or women with hourglass-shaped torsos. The recorder (if available) makes sure that the tape is parallel to the floor and that the tape is snug, without

compressing the skin. Measurements are made at the end of a normal expiration and reported to the recorder to the nearest centimeter.

Hip. Instruct the participant to stand erect but relaxed, with weight distributed equally over both feet. The hip girth is measured at the level of maximal protrusion of the gluteal muscles (hips). Verify this position by passing the tape above and below the observed maximum. Keep the anthropometric tape horizontal at this level and record the measurement to the nearest centimeter. The tape should be snug, but not tight enough to compress tissue. The measurement should be made from the participant's right side. Only one measurement is made.

The greatest source of error for this measurement is due to not having the tape horizontal. Before making the measurement the observer verifies the position of the tape from both the front and back to assure its correct position and that the tape is horizontal. In the absence of a recorder the technician uses the wall mirror to confirm that the tape is horizontal.

Neck. Neck measurements should be taken between the mid cervical spine and mid anterior neck using the study provided tape. In participants with a laryngeal prominence (Adam's apple) measure just below the prominence. Take the measurements while the participant is standing with shoulders relaxed and record to the nearest centimeter.

Save and close the form.