ANTHROPOMETRY FORM

NAME: ________________________________ INITIALS: _______

INSTRUCTIONS: This form should be completed during the participant's visit. ID Number and Name must be entered above. Whenever numerical responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes. If a number is entered incorrectly, mark through the incorrect entry with an "X". Code the correct entry clearly above the incorrect entry.

ANTHROPOMETRY (ANTB screen 1 of 2)

WEIGHT
Weight (to the nearest lb): ____________

SKINFOLDS (to the nearest mm)
- Triceps Measurements (mm): 1 2
  a. _______ mm b. _______ mm

- Subscapular Measurements (mm): 1 2
  a. _______ mm b. _______ mm

C. BODY SIZE
4. Girths (to the nearest cm)
  a. Waist: ____________
  b. Hip: ____________

5. Elbow breadth (to the nearest mm): ____________

ANTHROPOMETRY (ANTB screen 2 of 2)

ADMINISTRATIVE INFORMATION
- Date of data collection: _______ / _______ / _______
  month day year

- Method of data collection: Computer C  Paper form P

- Code number of person completing this form: _______
INSTRUCTIONS FOR THE ANTHROPOMETRY FORM
ANT, VERSION B, 1/22/90
PREPARED 1/22/90

I. GENERAL INSTRUCTIONS

The Anthropometry form should be completed during the participant's clinic visit to record the results of that procedure. The technician must be certified and should have a working knowledge of the ARIC Anthropometry Manual of Operations. The technician also should be familiar with and understand the document titled "General instructions for Completing Paper Forms" prior to completing this form. ID Number, Contact Year, and Name should be completed as described in that document.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

1. Weight is taken with minimal clothing. Record results to the nearest pound, rounding down.

2,3. Following the procedure in the Manual of Operations, the skinfold should be lifted two or three times to determine the fold to be measured before placing the calipers. Upon completing the first measurement, remove the calipers, record the results and repeat the procedure one more time. The results should be recorded to the nearest millimeter, rounding down.

4. Girth measurements are to be taken against the skin or over lightweight non-constricting underwear.

4a. (Waist) Place the tape horizontally at the level of the umbilicus (navel). Record the results to the nearest centimeter, rounding down.

4b. (Hip) The objective here is to measure the maximal circumference. The measuring tape must be kept horizontal throughout this procedure. Record the results to the nearest centimeter, rounding down.

5. Follow the procedures in the Manual of Operations. Record the results to the nearest millimeter, rounding down.

6. Enter the date on which the participant was seen in the clinic. Code in numbers using leading zeroes where necessary to fill all boxes. For example, May 3, 1986, would be entered as:

    05 03 86

   month  day  year

7. If the form was completed partially on paper and partially on the computer, code as "Paper Form."

8. The person at the clinic who has completed this form must enter his/her code number in the boxes provided.