MEASURING WAIST/HIP CIRCUMFERENCE

MOP Chapter 36, Form #131

NHLBI Pulmonary Vascular Disease Phenomics Program

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Waist and Hip Circumference Introduction

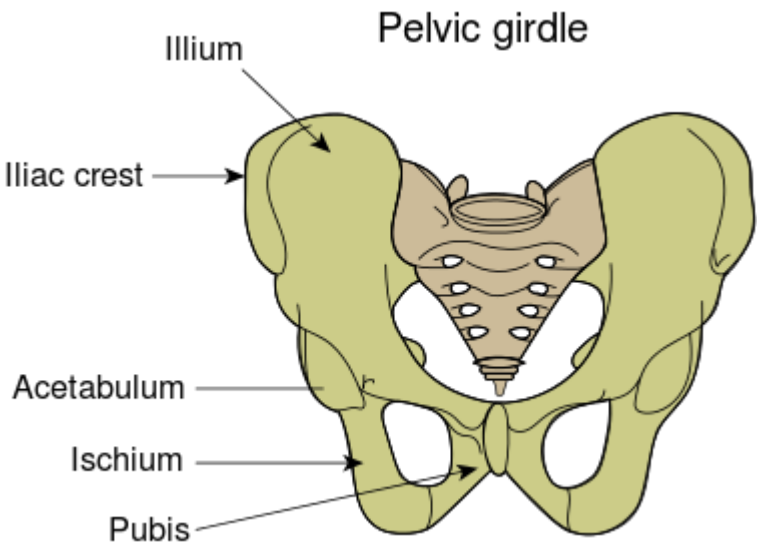
- **Introduction**: Waist/Hip circumference measurements are taken to provide additional information on weight and obesity.
- To take waist and hip circumference measurements you will need:
  - Constant tension tape **(Gulick II tape measure recommended)**
  - Pen and Form #131
  - Chair or coat stand for participants to place their clothes.
- A private area is necessary for this measurement.
- This measurement should be taken without clothing directly over the skin. If this is not possible, the measurement may be taken over light clothing. It must not be taken over thick or bulky clothing.

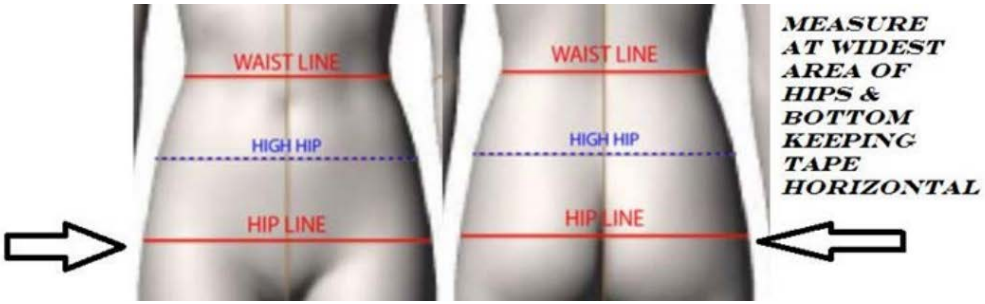
Waist and Hip Circumference 1

- Waist measurement should be taken:
  - with the arms relaxed at the sides
  - with shoes off
  - at the end of a normal expiration
  - at the midpoint between the lower margin of the last palpable rib and the top of the iliac crest (hip bone)
- Hip measurement should be taken:
  - with the arms relaxed at the sides
  - with shoes off
  - at the maximum circumference over the buttocks
- Exclusion Criteria:
  - **Participants who are: kyphoscoliotic or wheel-chair bound should be excluded from the hip waist measurement**

Waist and Hip Circumference 2

- Reference Points





Waist Circumference Procedure 1

1	Standing to the side of the participant, locate the last palpable rib and the top of the hip bone. You may ask the participant to assist you in locating these points on their body.
2	Ask the participant to wrap the tension tape around themselves and then position the tape at the midpoint of the last palpable rib and the top of the hip bone, making sure to wrap the tape over the same spot on the opposite side. Note: Check that the tape is horizontal across the back and front of the participant and is parallel with the floor.

Waist Circumference Procedure 2

3	Ask the participant to: • stand with feet together with weight evenly distributed across both feet • hold arms in a relaxed position at the sides • breathe normally for a few breaths, then make a normal expiration
4	Measure waist circumference and read the measurement at the level of the tape to the nearest 0.1 cm, making sure to keep the measuring tape snug but not tight enough to cause compression of the skin.
5	Record the measurement on Form #131. Note: Measure only once and record.

Hip Circumference Procedure

1	Stand to the side of the participant, and ask them to help wrap the tape around themselves.
2	Position the measuring tape around the maximum circumference of the buttocks.
3	Ask the participant to: • stand with feet together with weight evenly distributed over both feet • hold arms relaxed at the sides
4	Check that the tape position is horizontal all around the body and snug without constricting.
5	Measure hip circumference and read the measurement at the level of the tape to the nearest 0.1 cm.
6	Record the measurement on Form #131. Note: Measure only once and record.

FOR QUESTIONS, PLEASE CONTACT

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