

CAHHM Standardized Protocol for Physical Measures

<u>Physical Measure</u>	<u>Instructions</u>
Height	<ul style="list-style-type: none">• Measured against a convenient, flat wall at the clinic site• Subject must be barefoot or shoeless with arms hanging freely at the side• The heels of the feet must be together with the medial borders of the feet at the angle of 60 degrees• The shoulder blades, buttocks, and heels must be in contact with the measuring wall• The head is held in the Frankfort plane• The measurement is recorded to the nearest 0.1cm after the subject inhales fully and maintains the erect position without altering the load the heels• Record the obtained value on the space provided in the CRF
Weight and Percent Body Fat	<ul style="list-style-type: none">• Ensure that the scale is calibrated prior to the clinic visit. A log should be kept regarding the date of all completed calibrations.• Ensure that the scale is “zeroed” before taking the weight.• The subject is measured in minimal clothing. In addition, the subject must be barefoot (for body fat) or shoeless with arms hanging freely at the side.• Record this value on space provided in the CRF

<p>Waist Circumference</p>	<ul style="list-style-type: none">• The subject stands erect with the abdomen relaxed and arms at the sides• The measurement is taken over the abdomen at the smallest diameter between the coastal margin and the iliac crest (the hip)• This is best done with the study personnel facing the subject and identifying the natural waist (ie. The point of narrowing)• The measurement is taken to the nearest 0.1cm at the end of a normal expiration, using a non-stretchable standard tape measure attached to a spring balance exerting a force of 750gm• The tape must be kept horizontal• Record the measurement on the CRF
<p>Hip Circumference</p>	<ul style="list-style-type: none">• The measurement is taken over minimal clothing at the level of the greater trochanters (usually the widest diameter around the buttocks)• The study personnel will bend by the side of the participant so that the level of maximum extension of the buttocks is seen and the tape measure can be read properly• The measurement is taken to the nearest 0.1cm using a non-stretchable standard tape measure attached to a spring balance exerting a force of 750gm• The tape must be kept horizontal

	<ul style="list-style-type: none">• Record the measurement on the CRF
Resting Heart Rate and Blood Pressure	<ul style="list-style-type: none">• Both measurements are done on the right arm using the Omron automatic digital blood pressure monitor (Omron HEM-757)• Ensure that the batteries are charged. Keep charger in hand.• Subject must be resting and calm for more than 5 minutes, should not have smoked, exercised or eaten in the last 30 minutes, or climbed stairs in the last 15-30 minutes before taking this measurement• Subject should be seated upright and relaxed with his/her right arm supported at heart level• The measurement is taken using the brachial artery• The readings should be recorded for systolic and diastolic pressures and heart rate• Record exact values on the CRF provided. Refrain from rounding