



HEIGHT, WEIGHT, BODY MASS INDEX MEASUREMENT PROTOCOL

Note to Data Collector: This protocol explains how to measure height, weight, BMI and how to explain measurements to participants being screened for Project AsPIRE.

HEIGHT

1. Have participant take off shoes.
2. Have participant stand on height platform.
3. Use a clipboard to rest on participant's head in order to line up the top of his/her head with ruler on measurement device
3. Enter height in feet & inches on last page of screening tool.
4. Lead participant to weighing scale.

WEIGHT

1. Participant should keep shoes off and empty his/her pockets of contents.
2. Have participant stand on scale
3. Enter weight on last page of screening tool.

BODY MASS INDEX:

1. You can use one of three methods to measure BMI:
 - a. Refer to BMI chart to see which BMI level (normal, overweight, obese) corresponds to height/weight of participant
 - b. Use BMI application on an smartphone, plug in height/weight, and BMI will be automatically calculated
 - c. Refer to BMI wheel –turn knob to see which BMI level (normal, overweight, obese) corresponds to the height/weight of participant
2. Enter BMI on last page of screening tool
3. Explain to participant which BMI level corresponds to them

Category	BMI	Explanation:
Underweight	<18.5	you are underweight for your height.
Normal	18.5–24.9	you're an ideal weight for your height.
Overweight	25–29.9	you're over the ideal weight for your height.
Obese	30 or greater	you are obese .

6. You can provide brief health education when explaining measurements:
 - Being overweight or obese increases your risk of developing high blood pressure, high blood cholesterol, heart disease, stroke, and diabetes.
 - Aim for a healthy weight; Try not to gain extra weight.
 - If you are overweight, try to lose weight slowly by losing 1 to 2 pounds (0.45 kg to 0.91 kg) a week.
 - Eat smaller portions and be physically active for at least 60 minutes daily.



WAIST/HIP MEASUREMENT PROTOCOL

Note to Data Collector: This protocol explains how to measure waist and hip circumference and how to explain measurements to participants being screened for Project AsPIRE.

WAIST & HIP MEASUREMENT:

1. To measure the participant's waist:

Place a tape measure around his/her bare abdomen at the smallest part of the natural waist (usually just above the belly button). Be sure the tape fits snugly but does not compress the skin. Place the tape parallel to the floor. Then relax, exhale and measure your waist.

2. To measure your hips

Place a tape measure around the widest part of participant's buttocks.

3. To determine the waist/hip ratio, simply divide the waist measurement by the hip measurement using a calculator.

For example, if the waist is 40" (102 cm.) and hips are 50" (127 cm.), you divide 40 by 50 (or 102 by 127): $40" / 50" = .80$ ($102 / 127 = .80$)

4. Inform the participant what their measurements are.

5. When explaining measurements to a participant, the following explanations can be used:

- The goal for women is to have a ratio less than .80 (waist is 80% of hip)
- The goal for men is to have a ratio less than .95 (waist is 95% of hip)
- If you are an apple-shape, you will have a more weight around your waist. If you are a pear-shape, you will have more weight around your hips.
- Your risk of chronic diseases such as diabetes and cardiovascular disease increases gradually with each inch (about 2.5 cm.) your waist increases above 35 inches (89 cm.) for women and 40 inches (102 cm.) for men.
- Similarly, your risk increases as your waist/hip ratio increases above the goals listed above.
- Extra weight (if your Body Mass Index (BMI) is over 25) is only one health risk factor. Where fat is stored on your body is another.
- If you have abdominal fat stored around your waist as opposed to those who have excess fat in their hips and thighs, you also have a higher risk of health problems even if your BMI is normal.