



# HCHS/SOL Visit 3 Anthropometry (ANT)

QxQ


8/25/2021

## General Instructions

Anthropometric measures include height, weight, waist and hip circumference and body fat. As the technician progress through the examination procedures, they will record (or directly enter) results into the ANT form.

Refer to Manual 2-Field Center Procedures, Section 11-Anthropometry to follow specified protocol on anthropometry measurements. Also, refer to Manual 12 - Visit 3 Quality Assurance/Quality Control Section for detailed AQC information.

## QxQ Instructions :

- Q1.** Assess the participants' ability to stand upright. Mark the number 1-3 that correctly reflects the participant's posture. If 1= 3 (Cannot stand on both feet), skip to Q10.
- Q2** Enter the height measurement.
- Q3a-3b** Enter the information reported by the participant. Select the unit of measurement reported.
- Q4** The participant must be standing barefoot in the Tanita scale. Set the Tanita analyzer to report metric units (cm/kg).
- Q5-Q9**  **IMPORTANT SAFETY ALERT: PARTICIPANTS WITH A PACEMAKER, DEFIBRILLATOR OR OTHER INTERNAL ELECTRONIC DEVICE SHOULD BE MEASURED IN 'WEIGHT ONLY' MODE.**  
[IF AN ALERT is present enter 99.9 for items 5 – 9 on the ANT form.]  
IF NO ALERT, enter values reported by the Tanita scale.
- Q10a-b** Measure the girth (round to nearest cm) of the waist and hips. Having the participant stand for this measurement is ideal but can be taken while seated if participant cannot stand securely at the time of the visit.

After completing this form, proceed directly the AQC (Anthropometry Quality Control) form to see if the participant has been selected for Quality Control.