

Anthropometric Measurements:

What are they: Measurements of your body. This may include a height, weight, and other circumference measurements around areas of your body (such as waist and hips).

What you can expect:

- If any measurements are going to occur, they will be noted in the informed consent document.
- Depending on the study, you may be asked to change into a johnnie and pants for a more accurate weight or to make certain sites that will need to be measured more accessible.
- You will be asked to remove your shoes. Socks can be provided if you desire.
- Accommodations will be made whenever possible to assist you. There is the availability of hand rails to hold on to, or a wheel chair scale and knee height caliper can be used if you are unable to stand.
- For some studies you may be asked to step on the scale backwards and may not be told your weight and/ or height. Please talk to your study team if you have any concerns.
- If circumferences are being performed, the area will be located by the dietitian feeling for certain bones or using a measuring tape to identify a certain area. Washable make up pencil may be used to mark the area.
- The dietitian will measure the area using a flexible metal measuring tape, this may feel a little cold.
- For some measurements, you may be asked to hold up part of your gown or pants so the dietitian can see a calf or waist measurement, but efforts will be made to make sure you are comfortable and as covered as possible. You can always decline if you are uncomfortable.
- The process will be repeated three (3) times in each area, unless there is a great variability in the measurements in which case additional measurements may need to be performed.
- You may be asked to relax various body parts for measurements, and requested to not hold in your breath. In some cases you may be asked to breath in and out to acquire the most accurate measurements.

