Height, Weight, Body Mass Index (BMI) & Waist Circumference
Clinical Screening Procedure

Supplies
- Stadiometer
- Scale
- Flexible Tape Measure
- BMI Chart
- Clipboard
- Privacy Screens

Setup
Setup each station with one stadiometer, one scale, one flexible tape measure, one BMI chart, one clipboard and two or three privacy screens. Setup the stadiometer against a wall. Place the scale on a hard surface, if available, and in a manner making it easy for you to see the display but difficult for other participants to see the display. Test both the stadiometer and scale to ensure both are measuring properly. Setup two or three privacy screens around the station creating a “U” shape, making the station as private as possible. Setup one chair inside the station for each participant to utilize.

Definition & Purpose
- Body Mass Index (BMI) – Number calculated from a person’s height and weight. It is used to identify potential health risks due to being overweight or underweight.
- Waist Circumference – Measurement of the distance around the abdomen used to assess abdominal fat. If most of a participant’s fat is around the waist rather than the hips the participant is at higher risk for heart disease, certain cancers, and type 2 diabetes.

Measurement
Height
- Participant should remove shoes and hats
- Ensure participant is standing straight with their back against the stadiometer post
- Move stadiometer platform until it touches participant’s head
  - Ensure the platform is touching the top of the head and not just the top of the participant’s hair
  - Record reading rounding to the nearest inch (round down at .4 inches and under, round up at .5 inches and over)
    - Make sure you record the reading where the red arrows point on the stadiometer
    - Generally, you will record the reading in feet and inches, meaning 5 feet 6 inches
    - This may require you to convert total inches to feet and inches (remember there are 12 inches in 1 foot)

Weight
- Participants should remove shoes, hats, and anything heavy out of pockets
- Tap on scale until scale displays 0.00
- Ask participant to stand on scale
- Record reading rounding to the nearest pound (round down at .4 lbs and under, round up at .5 lbs and over)

BMI
- Determine BMI by looking at the BMI chart
- For individuals not listed on the chart, calculate their BMI by using the BMI formula (included on the BMI chart)

Waist Circumference
- Have the participant place the end of the tape measure at their belly button, on his/her lowest layer of clothing
  - Make sure the participant places the zero end of the tape measure at his/her belly button
- Instruct the participant to spin in a circle, so the tape measure wraps around him/her
- Ensure that the tape measure is snug but does not push tightly into the skin
- Measure waist circumference as participant is breathing out normally; ensure the participant does not “suck in” the stomach
- Read the tape measure and record the waist circumference in inches, rounding to the nearest inch (round down at .4 inches and under, round up at .5 inches and over)
  - The flexible tape measure includes inches on one side and centimeters on the other side, make sure you utilize and record inches
Interpreting Results

<table>
<thead>
<tr>
<th>Category</th>
<th>Underweight</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td>&lt; 18.5</td>
<td>18.5 – 24.9</td>
<td>25 – 29.9</td>
<td>30 +</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Men Normal</th>
<th>Men Increased Risk</th>
<th>Women Normal</th>
<th>Women Increased Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist Circumference</td>
<td>40 inches or less</td>
<td>40.1 inches or more</td>
<td>35 inches or less</td>
<td>35.1 inches or more</td>
</tr>
</tbody>
</table>

Pregnant Woman Policy

The participant consent form will indicate if the participant is pregnant or not. If the participant is pregnant measure her height and weight. Do not calculate BMI or measure waist circumference on pregnant women.

Participant Experience

Ensure participants feel welcomed, encouraged, and educated by following the steps below.

Welcome

- Welcome the participant
- Introduce yourself
- Explain that you will be taking their height, weight, and waist measurements today along with calculating their Body Mass Index (BMI)

Ask don’t Tell

- Ask the participant to remove their shoes and any heavy items *don’t tell* them
- Allow the participant to keep their shoes on if they are uncomfortable taking them off

Watch for Signs

- If a participant seems to question a value, re-test it
- Participants should walk away feeling that they received valuable information
- Make sure they don’t walk away thinking their values are incorrect

Guide to Next Station/Service

- Guide the participant to the next station/service ensuring they know what is being offered next and where to go to participate in the service

Important Tips

- When measuring height be advised that many individuals have taken their height in the past with their shoes on. Without shoes it is logical that participant may lose .5 inches – 1 inch.
- BMI is not always a reliable measure of health. It does not take into account a person’s muscle or bone mass.
- When measuring waist circumference ensure you are measuring at the belly button and not around the hips.
- Waist circumference is not the same as pant size.