

POSH Study Number: _____

POSH Study: Supplementary Study measurements Guide.

Measurement Guide:

How to measure waist and hip measurements

1. Subjects should be standing upright for both measurements.
2. Make sure subject is breathing out while the measurements are made.
3. Measurement should be made in underwear i.e. not over clothing .

Waist circumference - should be measured at the level of the belly button.

Hip circumference – should be measured at the widest point over the buttocks.

Date of measurements: _____

Waist: _____(cm)

Hips: _____(cm)

Weight: _____(Kg)

Changes in smoking behaviour in last year? _____

Smoker / Non-smoker

Changes in menopausal status in last year? _____

Pre /Peri /Postmenopausal