

Guidance for measuring weight and height

Within the ANTICOV study protocol, the anthropometric measurements are:

- Height (a)
- Weight (b)
- Body Mass Index (BMI) will be automatically calculated!

All participants over 12 years included in the ANTICOV study will have their weight and their height measured at Screening Day (D0). *The measurements are due as per appendix 4, table 8, Master protocol version 5.0/9 July 2020.*

Procedure

The equipment you need is:

- Stadiometer
- Electronic weight scale
- Carpenter's level
- Construction metre



Please Note

- Read leaflets/manuals of your equipment **first before** use and keep it at hand.
- Check if the calibration is performed by the manufacturer (written in leaflet/manual).
- Perform and document a weekly quality check.
- Please note as well that any broken equipment must be documented on the weekly quality check form, this might not be the same day as the day of quality check. If necessary replace the equipment and assign the new equipment with another identifier.

1. Explain to the participant that you are going to measure his/her weight and height. Assure participant that those measurements will be done **in a private space**. Guide the participant through the steps, which will support you in obtaining accurate measurements.
2. Make sure your hands are washed or disinfected and your equipment is clean.

a) Measurement of the height:

1. Ask participant to remove his/her shoes and heavy clothing.
2. Ask participant to stand with his/her back to the height rule. **The back of the head, shoulder blades, buttocks and heels should be in line with the stadiometer. Watch out that the body position does not change the vertical position of the stadiometer! If it does, it will falsify the height result.**

3. Ask the participant to stand in a natural straight position, weight evenly on both feet and arms hanging loosely by his/her side. He/She should stretch his/her full height.
4. Ask the participant to look straight ahead, that the Frankfort Plane is horizontal. (see picture to the right)
5. Go in front of the participant and check if he/she is standing straight and in the middle of the stadiometer.
6. Document the measured height and if applicable, all issues affecting the measurement results. Inform the participant of his/her height.
7. Clean the stadiometer after use.

**b) Measurement of the weight:**

1. The scale should be placed on a hard floor surface.
2. Follow the instructions of your specific device for turning on the scale.
3. Ask the participant to undress to his/her underwear (if culturally acceptable). For all participants younger than 18 years and as per the participant's consent, a person of his/her trust should be present. If the participant refuses or feels uncomfortable undressing, this should be respected. Ask him/her to take off the shoes and heavy garments (jacket, belt, etc.). Document the clothing worn during measurement.
4. Ask the participant to stand in the centre of the platform, arms hanging loosely and weight evenly on both feet.
5. Ask the participant to stand still facing ahead and both feet should be aligned to the participant's hips.
6. Document the measured weight and if applicable, all issues affecting the measurement results. Inform the participant of his/her weight.
7. Clean the scale after use.

Reference:

1. ANTICOV_01 COV_Master Protocol_v5.0_09 July 2020
2. http://www.ehes.info/core_measurements.htm