



Trials of Hypertension Prevention
(TCHP), supported by the National
Heart, Lung, and Blood Institute,
National Institutes of Health

Visit _____
ID number _____
Initials _____
Visit date ____/____/____

**TRIALS OF HYPERTENSION PREVENTION
Anthropometric Measurements Form**

1. Skinfold measurements

a. Triceps

Right ____ (1) Left ____ (2)

1) _____ mm
2) _____ mm

If needed:
3) _____ mm
4) _____ mm

b. Biceps

Right ____ (1) Left ____ (2)

1) _____ mm
2) _____ mm

If needed:
3) _____ mm
4) _____ mm

c. Subscapular

Right ____ (1) Left ____ (2)

1) _____ mm
2) _____ mm

If needed:
3) _____ mm
4) _____ mm

d. Supra-iliac

Right ____ (1) Left ____ (2)

1) _____ mm
2) _____ mm

If needed:
3) _____ mm
4) _____ mm

2. Circumference measurements (to nearest 1/2 cm)

a. Upper arm circumference

Right ____ (1) Left ____ (2)

1) _____ cm
2) _____ cm

b. Waist (abdominal) girth

1) _____ cm
2) _____ cm

c. Hip girth

1) _____ cm
1) _____ cm

Staff ID _____

Editor ID _____