



SLEEP HEART HEALTH STUDY

**ANTHROPOMETRY
CERTIFICATION CHECKLIST**

Instructions: Submit this form along with completed PM and PC forms to the Certification Coordinator at the SHHS Coordinating Center.

A. Field Site information

1. Field Site (*check one*):

- Framingham
- Johns Hopkins
- Minnesota
- NYU/Cornell
- Sacramento
- Pittsburgh
- Strong Heart - Dakota
- Strong Heart - Phoenix
- Strong Heart - Oklahoma
- Tucson

2. Name of technician requesting certification (*please print*):

3. Certification # (PIN) of technician requesting certification (*record "n" if not previously certified for a SHHS Follow-Up 2 function*):

____ _

4. Name of certification examiner (*please print*):

5. Certification # (PIN) of certification examiner:

____ _

6. Date form completed:

__ __ - __ __ - 2 0 0 __
month day year

B. Certification requirements

The following certification requirements were completed satisfactorily for height, weight, and neck circumference measurements. Indicate by checking the appropriate box.

7. Training requirements:

- Read and study manual
- Attend group training or observe administration by SHHS certified examiner
- Practice on volunteers
- Discuss problems and questions with local expert

8. Measurement taken per protocol on two volunteers and recorded on PM forms:

9. Weight measurement:

- Conducted per protocol
- Scale positioned at zero
- Participant not wearing shoes
- Participant's weight equally distributed on both feet
- Participant not being physically supported
- Examiner's eyes level with the point of measurement

10. Height measurement:

- Conducted per protocol
- Procedures explained to participant
- Participant not wearing shoes
- Record the highest measurement

11. Neck circumference:

- Conducted per protocol
- Participant sitting upright with head in Frankfort Horizontal Plane
- Tape is applied around neck just below laryngeal prominence
- Measurement is made perpendicular to long axis of neck
- Tape is not too loose or too tight, but enough to maintain skin contact
- Measurement is completed in less than 5 seconds
- Measurement is recorded to the nearest 0.5 centimeter, rounding up

C. Administrative information

12. Date of Coordinating Center review:

__ __ - __ __ - 2 0 0 __
month day year

13. Coordinating Center reviewer (*please print*):
