



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

Visit \_\_\_\_\_  
ID number \_\_\_\_\_  
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**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

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