Form 24.2

GIRTHS

NAME _____ DATE _____ SCORE _____

Lab Results

Gender: **M** Initials: _____ Age (y): _____ Height (cm): _____ Weight (kg): _____

Midabdominal girth *(closest 0.5 cm)*	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Neck girth	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Upper abdom girth* *(for W:H ratio)*	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Hip girth* *(for W:H ratio)*	T_1 _____	T_2 _____	T_3 _____	Median _____	cm

2-Girth Body Comp Circumference value (CV) = _____ (Midabdom) – _____ (Neck) = _____ cm

D_B = 1.0324 + [0.15456 * _____ (Log_{10} (Ht))] – [0.19077 * _____ (Log_{10} (CV))] = _____ $g \cdot ml^{-1}$

% Fat = (495 / D_B _____) – 450 = _____ % % Fat = _____ *(from Table 24.2)*

Category _____ *(Table 24.4)*

Waist-to-Hip Ratio (W:H) _____ (Upper abdom) cm / _____ (Hip) cm = _____ (W:H Ratio)

Category for waist _____ *(Table 24.5)* Category for W:H _____ *(Table 24.6)*

Waist-to-Height Ratio (W/Ht) _____ (Midabdom) cm / _____ (Height) cm = _____ (W/Ht Ratio)

Evaluation of W/Ht ratio: ☐ < 0.50 Lower risk ☐ ≥ 0.50 Higher risk of disease

Gender: **F** Initials: _____ Age (y): _____ Height (cm): _____ Weight (kg): _____

Upper abdom girth *(closest 0.5 cm)*	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Hip girth	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Neck girth	T_1 _____	T_2 _____	T_3 _____	Median _____	cm
Midabdominal girth* *(for W/Ht)*	T_1 _____	T_2 _____	T_3 _____	Median _____	cm

3-Girth Body Comp Circumference value (CV) = _____ (Upper abd) + _____ (Hip) – _____ (Neck) = _____ cm

D_B = 1.29579 + [0.221 * _____ (Log_{10} (Ht))] – [0.35004 * _____ (Log_{10} (CV))] = _____ $g \cdot ml^{-1}$

% Fat = (495 / D_B _____) – 450 = _____ % % Fat = _____ *(from Table 24.3)*

Category _____ *(Table 24.4)*

Waist-to-Hip Ratio (W:H) _____ (Upper abdom) cm / _____ (Hip) cm = _____ (W:H Ratio)

Category for waist _____ *(Table 24.5)* Category for W:H _____ *(Table 24.6)*

Waist-to-Height Ratio (W/Ht) _____ (Midabdom) cm / _____ (Height) cm = _____ (W/Ht Ratio)

Evaluation of W/Ht ratio: ☐ < 0.50 Lower risk ☐ ≥ 0.50 Higher risk of disease