

Instructions for measuring your waist and hips



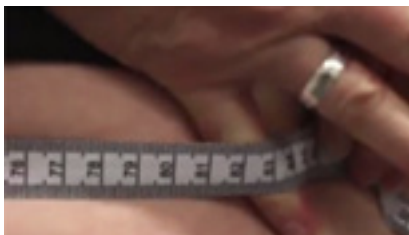
Australian
Breakthrough
Cancer Study

- Take measurements either unclothed or in close fitting underwear.
- Stand up straight in front of a mirror to position the measuring tape correctly.
- If possible, get someone to help you take the measurements.
- Relax your tummy muscles.
- Record the measurements to the nearest half centimetre.

1. Measure your waist

To measure your waist, place the tape halfway between the lowest rib and the top of your hip – roughly level with your navel.

Check that the tape is horizontal all the way around your body.



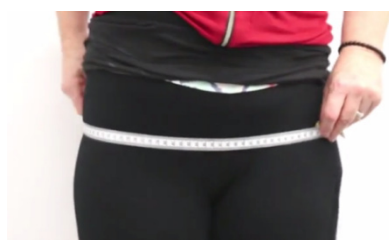
Start at the '0' end of the tape.

Pull the tape so that it is snug and does not slide, but don't indent the skin. You should be able to slip your little finger under it comfortably.

If you are taking the measurements over clothing, pull the tape a bit tighter to compensate.

Measure twice. The two measurements should agree within half a centimetre of each other. If not, take a third measurement and record the two closest measurements.

2. Measure your hips



To measure your hips, slide tape down and measure at the widest point around the buttocks.

Check again that the tape is horizontal and start at the '0' end of the tape.

Measure twice. The two measurements should agree within half a centimetre of each other. If not, take a third measurement and record the two closest measurements.

3. Questionnaire

Once recorded, transfer your measurements for both waist and hips into the 'Physical Characteristics' section of the online questionnaire.

For assistance email info@abcstudy.com.au or contact 1800 688 419

Visit www.abcstudy.com.au to a view a video