

Anthropometric Procedures Video: Weight

Music

The first measurement taken is body weight.

In the NHANES III an electronic load-cell scale was used to record weight.

The following guidelines were used for clothing:

- infants wear only a clean diaper
- children and adults wear only their undershorts and a disposable, paper examination gown
- with paper pants and foam slippers.

For infants and toddlers who cannot stand unassisted, a parent or technician stands alone on the scale platform.

Next the scale is tared or set to zero.

The infant or toddler is then held by the person on the scale to obtain only the child's weight.

Holding the child provides greater security and reduces movement that might otherwise affect the accuracy of the measure.

Older children and adults are instructed to stand completely still in the center of the scale platform with the feet close together hands at the sides and looking straight ahead.

The weight measurement is taken for the electronic readout and is recorded in kilograms to two decimal places.