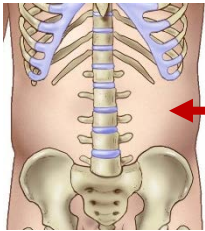


Measuring tape: Medline NON171333 Paper Measuring Tape, 72" (Pack of 500)

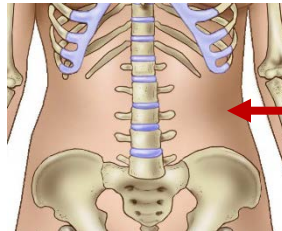
<https://www.amazon.com/Medline-NON171333-Paper-Measuring-Tape/dp/B00J66BWS8>

1. Remove your shirt or wear tight-fitting clothing
2. Locate the bottom of your rib cage by gently feeling around your abdomen
3. Locate the top of your hip bone/pelvic bone
4. Find the point in the middle between these two points – this may be at the same level as your belly button

Men:



Women:



5. Place the measuring tape at this point, making sure that it is horizontal around your waist. Using a mirror may help ensure accurate placement.
6. Keep the tape snug around the waist, but do not compress the skin. Measure your waist just after you breathe out.
7. Record the measurement – be sure to note if inches or centimeters.
8. Repeat a second time.

### Summary

Participants will be sent a paper measuring tape as part of their collection kit. They will be provided with step by step instructions for obtaining their waist measurement. We will have them do this measurement twice. This will be recorded on a sheet that will also ask for height and weight and sent back with the study questionnaires and devices.