

Waves quick reference for skinfold measures

- Ensure all measurements are made on child's **NON DOMINANT SIDE**.
- Check the needle on the calliper has returned to 0 after each measurement.
- Test the callipers on the child's finger to reassure them that the pinch shouldn't be painful.
- Support the callipers at all times so they do not hurt the child.
- One measurement should be taken at each of the sites and then the cycle should be repeated.
- If difference between the 2 measures is more than 4mm take another measurement.
- Use antibacterial gel between each child measured.

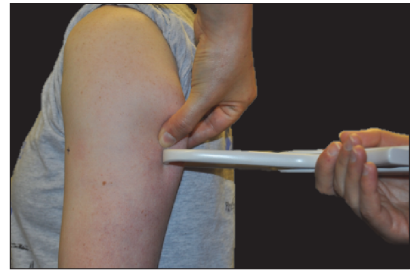
Triceps skinfold (back of arm)

Ask child to stand with their non-dominant arm bent at 90 degrees at their elbow.

If not already marked, measure and mark the midpoint.

Identify the skinfold **2 cm above the cross** (if struggling start close to elbow and work upwards).

Maintain the pinch with one hand and use the other to take the calliper reading **at the mark**.

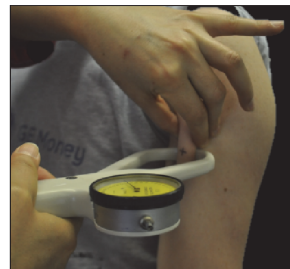


Biceps skinfold (front of arm)

Ask child to stand facing you with non-dominant arm hanging loosely by side palms facing forwards.

If not already marked, measure and mark the midpoint.

Continue with the bicep skinfold as for the triceps measurement.



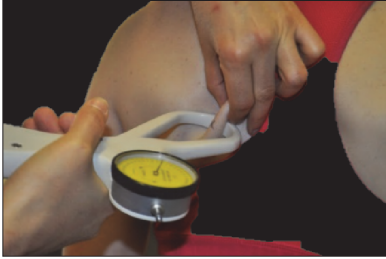
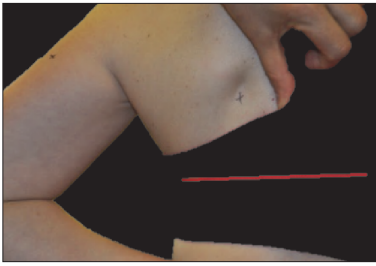
Subscapular skinfold (on the back)

Ask child to stand facing away from you with their hands hanging by their side.

Feel for the inferior angle of the shoulder blade and mark with a cross (if struggling ask child to put arm behind back to help identify point).

Identify the skinfold at 45° angle to the spine (see pictures) **2 cm away from the mark** (towards the spine).

Maintain the pinch with one hand and use the other to take the calliper reading **at the mark**.



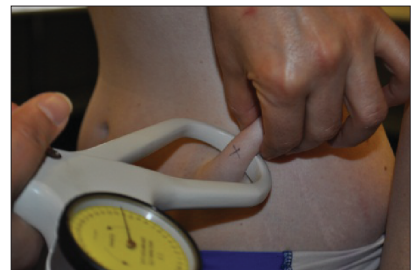
Suprailiac Skinfold (side of stomach, near the hip)

Ask child to stand with their side to you with their hands hanging by their side.

If not already marked, feel for the top of the iliac crest on the child's non dominant side. Mark a **horizontal line** (parallel to the floor) **just above the top of the crest**. Make a **cross at the same level as this line on the midaxillary line** (which extends from the centre of the armpit down the side of the torso).

Identify the skinfold at 45° angle (sloping down) **between the cross and the horizontal line**.

Take the skin fold **at the horizontal line** (marked just above the iliac crest).

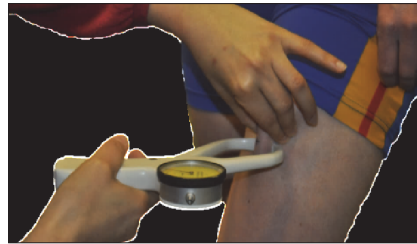
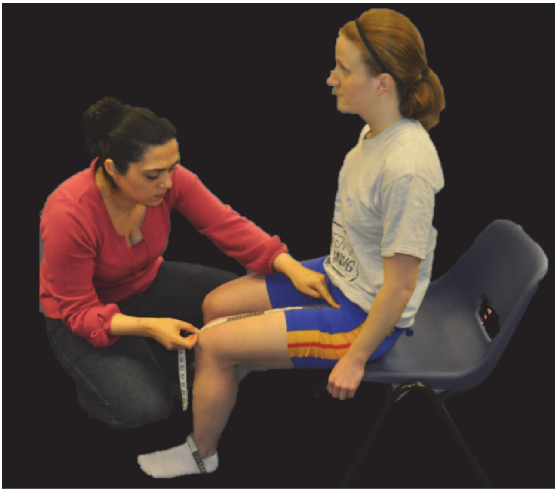


Thigh skinfold

Ask the child to sit on a chair, measure down the front of the non-dominant thigh and mark the midpoint.

Ask the child to face you resting their body weight on dominant leg, bending knee slightly of their non dominant leg.

Identify the skinfold **2 cm above the marked point** and take skinfold measurement **on the marked point**.



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