# Anthropometrics: Skin Fold Measurements

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**Applications:**

- To measure percentage of body fat.
- Not accurate in obese individuals.
- Often used in combination with other methods such as DXA scans, bioelectrical impedance (BIA), and circumference measurements.

**Procedure:**

- Standard measurements are completed at the tricep, bicep, subscapular and supra iliatic, other measurements are also available.
- Each site is measured by the same technician 3 times, and must be within 2 millimeters of one another.
- Once sites are measured, a calculation is used to determine percentage of body fat.

**Equipment:** Lange skin fold calipers.
What the participant can expect:

- Participants will be asked to change into a johnnie and gown so that the skinfold sites are easily accessible.

- The skinfold sites will be located by the dietitian, which may involve using a tape measurer or feeling for certain bones. Marks will be made to designate the site using a washable makeup pencil.

- The dietitian will grasp the area with their fingers and then “pinch” the skinfold with the calipers. Some people find this mildly uncomfortable.

- The process will be repeated three (3) times in each area, unless there is a great variability in the measurements in which case additional measurements may need to be performed.