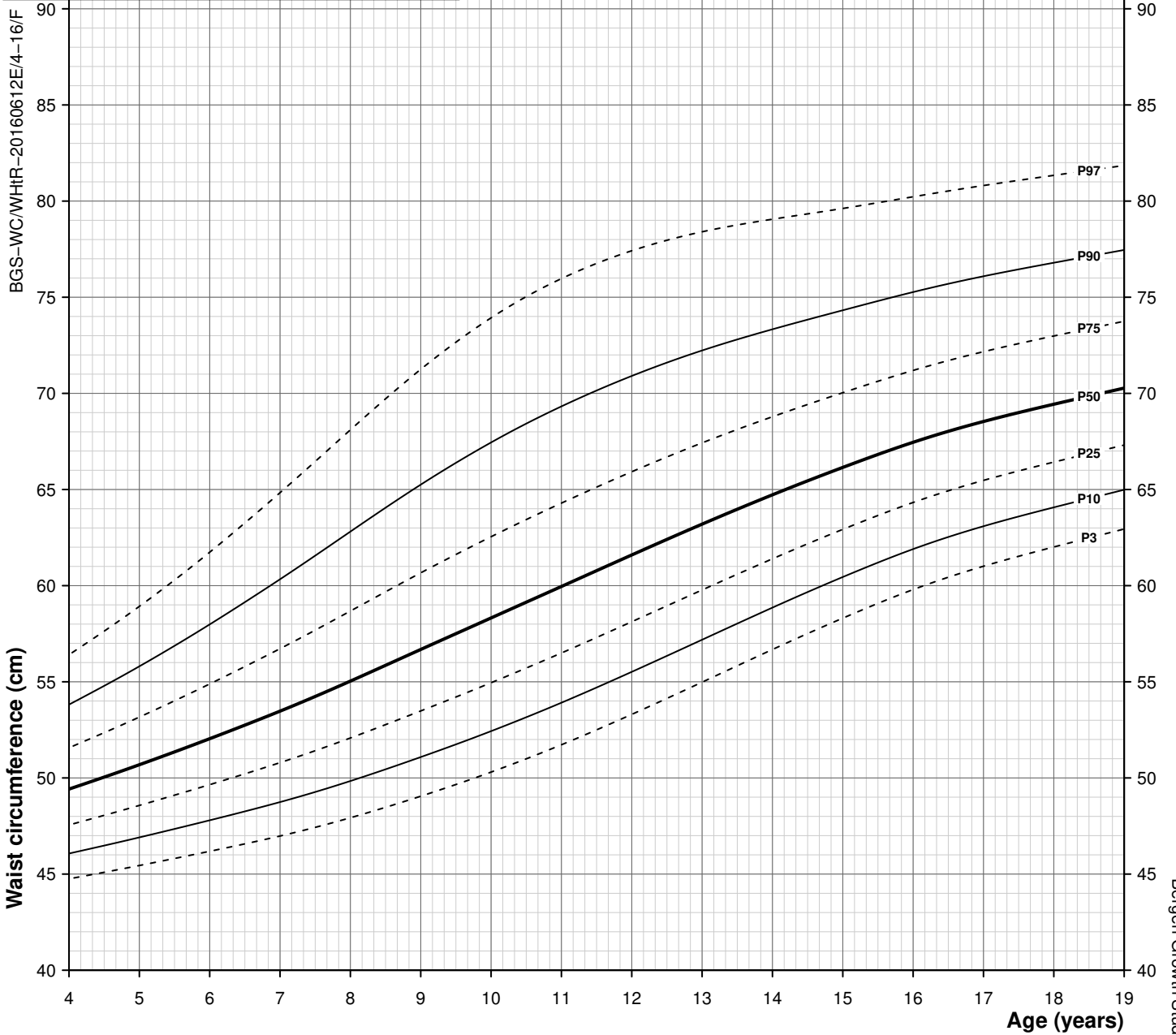


Name \_\_\_\_\_

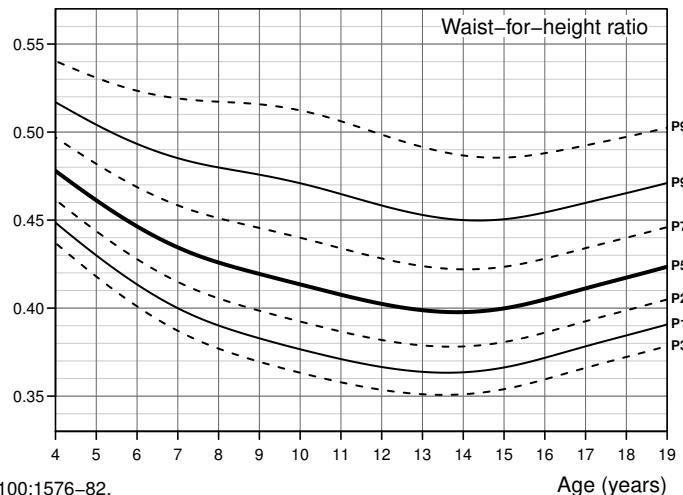
Date of birth \_\_\_\_\_

# Waist circumference 4 – 19 years **girls**

The waist circumference is measured at the narrowest level between the costal margin and the crista iliaca. Measure halfway between these landmarks when the narrowest level is difficult to determine. Take the measurement at the end of a normal expiration.



Date	Waist (cm)	Height (cm)	Waist/Height



Bergen Growth Study, PB Júlíusson, M Roelants, R Bjerknes © 2016

Brannsether B, Roelants M, Bjerknes R, Júlíusson P. Acta Paediatrica 2011;100:1576–82.  
 Júlíusson PB, Roelants M, Eide GE, Moster D, Juul A, Hauspie R, Waaler PE, Bjerknes R. Tidsskr Nor Laegeforen. 2009;129:281–6.