

BOX 4-1 Standardized Description of Skinfold Sites and Procedures

SKINFOLD SITE

- Abdomen:** Vertical fold; 2cm to the right of the umbilicus
- Triceps:** Vertical fold; on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body
- Biceps:** Vertical fold; on the anterior aspect of the arm over the belly of the muscle, 1 cm above the level used to mark the triceps site.
- Chest/Pectoral:** Diagonal fold; one-half the distance between the anterior axillary line and the nipple (men), or one-third of the distance between the anterior axillary line and the nipple (women)
- Medial Calf:** Vertical fold; at the maximum circumference of the calf on the midline of its medial border
- Midaxillary:** Vertical fold; on the midaxillary line at the level of the xiphoid process of the sternum. An alternate method is a horizontal fold taken at the level of the xiphoid/sternal border in the midaxillary
- Subscapular:** Diagonal fold (at a 45-degree angle); 1 to 2 cm below the inferior angle of the scapula
- Suprailiac:** Diagonal fold; in line with the natural angle of the iliac crest taken in the anterior axillary line immediately superior to the iliac crest
- Thigh:** Vertical fold; on the anterior midline of the thigh, midway between the proximal border of the patella the inguinal crease (hip)

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Procedures

- All measurements should be made on the right side of the body with the subject standing upright
- Caliper should be placed directly on the skin surface, 1 cm away from the thumb and finger, perpendicular to the skinfold, and halfway between the crest and the base of the fold
- Pinch should be maintained while reading the caliper
- Wait 1 to 2 seconds (not longer) before reading the caliper
- Take duplicate measure at each site and retest if duplicate measurements are not within 1 to 2 mm
- Rotate through measurement sites or allow time for skin to regain normal texture and thickness