

Standing height:

cm

ft/ins

Weight:

kg

st/lbs

For adults, height and weight information can be used to calculate Body Mass Index (BMI). Further information on this calculation and guidance on BMI can be found here:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

Thank you for taking part in ELSA – 50+ Health and Life

If you would like to contact someone about the study, please contact the National Centre for Social Research on **0800 652 4574** or email **ELSA@natcen.ac.uk**.



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N4_N13977_ELSA_W11_MS_Measurement_Record_Card_v1

SN: CHK PER NO

ELSA – 50+ Health and Life Measurement Card

First name: _____

Biomedical fieldworker: _____

Date of health visit: _____

Blood pressure:

	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)
(i)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
(ii)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
(iii)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Blood pressure interpretation:

Summary of advice given by biomedical fieldworker:

Normal	<input type="text"/>	Moderately raised	<input type="text"/>
Mildly raised	<input type="text"/>	Considerably raised	<input type="text"/>
Low	<input type="text"/>	Considerably low	<input type="text"/>

Visit your GP to have your blood pressure checked within:

Grip strength

Dominant hand: *(please tick one)*

Summary of advice given by biomedical fieldworker:

Left Right

1st measurement
non-dominant hand

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1st measurement
dominant hand

--	--	--

2nd measurement
non-dominant hand

--	--	--

2nd measurement
dominant hand

--	--	--

3rd measurement
non-dominant hand

--	--	--

3rd measurement
dominant hand

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