

Instruction.

Rules for calculation weight of clothes used in Estonian HBSC survey

The pupils were asked to take off thick jumpers, cardigans and jackets.

Approximate weight of clothes:

Jeans (mobile phone, purse - had to be taken out of pockets; a thick belt with a big buckle was calculated to weigh 50-100 g):

- of a smaller child - 400-500g
- of a bigger child - 600g (thin material) - 800g (thick material)
- of a tall boy, of thick material having a thick belt with a big buckle - 900-1000g

Tight trousers or leggings of thin material:

- of a smaller child - 300g
- of a bigger child - 400g

Warmer jumper, jacket:

- of a smaller child - 300g
- of a bigger child - 400-500g

Shirt, blouse with long sleeves: - 200-250g

Jumper, knitted garment of thinner material:

- of a smaller child - 200g
- of a bigger child - 300-350g

T-shirt

- of a smaller child - 150g
- of a bigger child - 200-250g