

Summary of discussions during workshops with people with lived SCI and body composition assessment experience

	Body mass/ BMI	Skinfold Callipers	BIA	Waist circumference	Hydrostatic Weighing	DXA
Preferences	Use my scale at home, to see if I have gained weight.	Nice and simple, if they were accurate.	I love the BIA because it is so simple. More adaptable, anything at home.		If it is accessible. Even underwater, I would not care. Especially if it is most accurate.	DXA, it was fine. They do DXA here all the time. It's fast and easy. No problems with skin. Over a period of time, for both bone and fat.
Barriers	You don't get weighed a lot when you are in a wheelchair.	I did not even bother with my legs.	The scales [BIA] did not work. Break a bone when measuring on BIA with a standing frame. Obviously that one is out.	My waistline has always been too big. While sitting now, it's just bigger.	Not discussed	I can't even get on DXA bed as it's so much higher than my chair. Inconvenience is making the appointment, put you on the time, etc. I get a lot of pain when I am lying flat. If a DXA scan has metal, it does not work. Radiation is a concern.
Comments	When I weigh myself, it is all fat?					Do the DXA scores go in the same pool as the able-bodied population?

General	- Very important.
Comments	<ul style="list-style-type: none">- Predict a lot about potential health. Tells us something how different we are from the able-bodied population. Good for medical populations.- Over long term would be helpful. Knowing where you stand.- Consistent measure even if it was not accurate.- There's just nothing.- As long as it is reliable and accurate, I feel that most people I think would go for accurate over convenience.- Anything would be helpful.- Probably not interested in fat mass; just use weight.- I'd like to know. If it's SCI specific.- Affects how you want to change your lifestyle (eating, exercise).- You need a more specific guideline to go along with an accurate measure.- If it was causing harm then I would not do that.- Only if it was really important for monitoring health.- I think you start obsessing on it over. That's with everything with health-related stuff.- I don't see any problems, as long as it is valid. Considering body type, genetics, diet.- Just focussing on that [parameters], you can't even enjoy your body anymore.- You need people who understand paralysis. For example. It's about vigilance. If you have a C4 who is overweight, how do you really help that person?
