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Appendix 1A

QUESTIONNAIRE



University of Pretoria
 Pretoria 0002 Republic of South Africa
<http://www.up.ac.za>
Natural and Agricultural Sciences

Official use only

REGION

V1 1

Respondent number

2-4

Dear participants,

My name is **Anne Mastamet Mason** from **Moi University Eldoret** and currently undertaking PhD studies at **University of Pretoria**, Republic of South Africa. As part of my studies, I'm required to carry out research on a specific field. My research topic is to examine problems encountered by professional females with regards to size and fit of both local and imported ready-made apparel, which are sold in Kenya. Findings of this study are hoped, to be used in address sizing and fit issues of the ready made garments in Kenya.

I therefore request you to fill in the questionnaire as freely and honestly, as possible. There are no right or wrong answers for all the questions provided. All answers that you provide will be treated as confidential without exposing anyone's names. Thank you for your participation.

Please answer the questions provided by marking "X" against appropriate answers

1. Please indicate the year of your birth

V3 5-6

2. Have you ever done Home Science or Clothing and Textiles course, either in high school or as a profession?
Please mark with an "X"

		X
1	Yes	
2	No	

V4 7

3. How would you rate the following garments' fit? Please mark your opinion with an "X"

	1	2	3	4	5
	Excellent	Good	Fair	Poor	Undecided
Ready-made local outer wear garments					
Ready-made imported outer wear garments					
Custom-made garments (Fundi)					
Second-hand garments					

V5 8
V6 9
V7 10
V8 11

4. Please mark with an "X" how you would rate the fit of the outerwear garments sold in the following retail stores.

	1	2	3	4	5
	Excellent	Good	Fair	Poor	Undecided
Supermarkets like Naku-matt and Uchumi (Y-fashions)					
Boutiques					
Market stalls like Kenyatta and Nyayo markets					
Trade fairs like sunbeam					
Factory outlet stores (Whole sellers)					
Second hand clothing stores					
Chain stores like Woolworths and Truworths					

V9 12
V10 13
V11 14
V12 15
V13 16
V14 17
V15 18

5. The following terms in column 1 sometimes appear on garment's labels. Please mark those that you are familiar with, with an "X" in column 2 and give the meaning of those that you are familiar with in column 3.

COLUMN 1	COLUMN 2		COLUMN 3
Terms that appear on garment's labels	X (R=1, W=2)		Meaning of the terms
Junior	1	2	
Misses	3	4	
Misses-Petites	5	6	
Women's	7	8	
Women's-Petites	9	10	
None of the above is familiar	11		

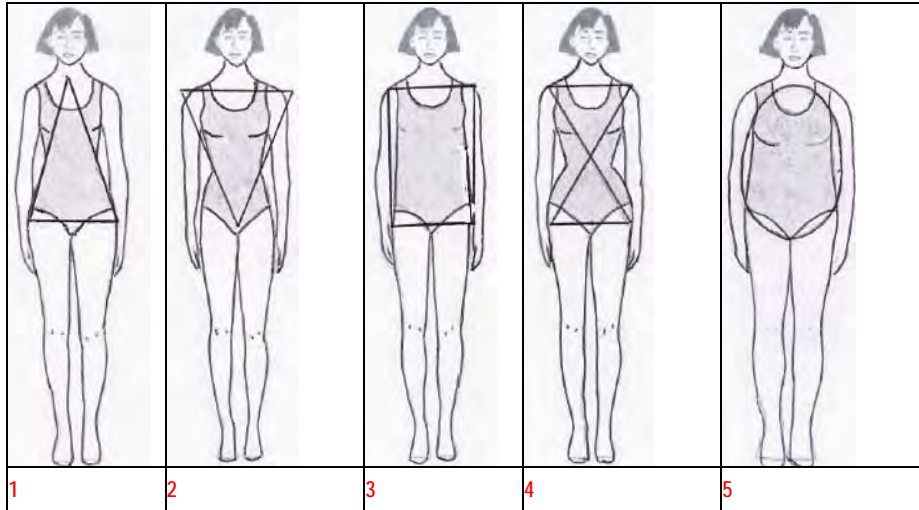
V16 19 V17 20
V18 21 V19 22
V20 23 V21 24
V22 25 V23 26
V24 27 V25 28
V26 29

6. Please indicate your measurements of the following body parts. (To be coded in cm)

Bust	
Waist	
Hip	

V27 30-32
V28 33-35
V29 36-38

7. Examine the given figure types, and then **mark "X" in the boxes below**, against a figure type that approximately describes **your own** figure.



V30 39

8. Please name the five figure types provided in **question 7** above, using **not more than three words**.

Naming of the figure types (R=1, W=2)	
Figure 1	
Figure 2	
Figure 3	
Figure 4	
Figure 5	

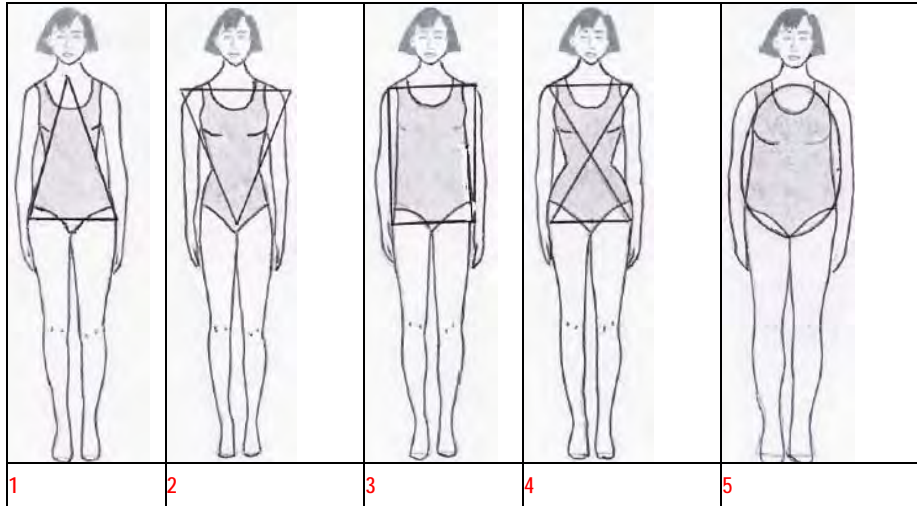
V31 40
 V32 41
 V33 42
 V34 43
 V35 44

9. Which of the following factors have you applied, to establish your figure type? You may choose more than one. **Please indicate with an "X"**

	X (1)
Having my figure traced while standing against the wall for analysis	
Studying my figure in a mirror's reflection whenever I have minimal clothing on	
Having my body measurements taken frequently	
Scrutinizing my photographs which, I have taken in closely fitted garments	
Comparing my shape with those of the established figures	
Using yard stick to compare my shoulders & hips, determining direction the yardstick assumes	
None of the above applies	
Other, specify	

V36 45
 V37 46
 V38 47
 V39 48
 V40 49
 V41 50
 V42 51
 V43 52-53

10. Which of the figure types shown below, do you consider as an ideal figure in your own opinion? Please mark with an "X" in the boxes provided below each figure type.



V44 54

11. How do your proportions compare to your **chosen ideal figure**? Please mark "X" against each of the following body characteristics which would best describe your own body proportions in comparison to those of your chosen ideal figure.

SHOULDERS		X
1	Narrow (smaller)	
2	Broader (wider)	
3	Similar	

V45 55

WAIST		X
1	Small	
2	Large	
3	Similar	

V46 56










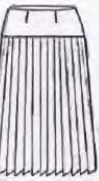
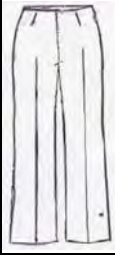

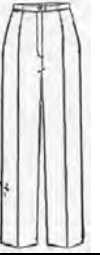


BUST		X
4	Extra small	
1	Small	
2	Large	
5	Extra large	
3	Similar	

V47 57

HIP SIZE		X
4	Extra narrow	
1	Narrow	
2	Wide	
5	Extra wide	
3	Similar	

V48 58

12. Please choose **one style** from each of the following categories (jackets, skirts and pants), which you think is suitable for your **figure type**. **Please mark with an "X" in the boxes below** each style

Jackets					
	1	2	3	4	5
Skirts					
	1	2	3	4	5
Pants					
	1	2	3	4	5

V49 59

V50 60

V51 61

13. **Please indicate with an "X"** your usual size in the following garment items. **(To be coded in actual sizes)**

	SIZES									
	8	10	12	14	16	18	20	22	24	Other, specify
Jacket/blouse										
Skirt										
Trousers										
Dress										

V52 62-63

V53 64-65

V54 66-67

V55 68-69

14. **Please indicate with an "X"** your usual size in the following garment items. **(To be coded in actual sizes)**

	SIZES									
	32	34	36	38	40	42	44	46	48	Other, specify
Jacket/blouse										
Skirt										
Trousers										
Dress										




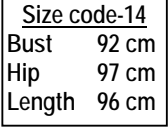
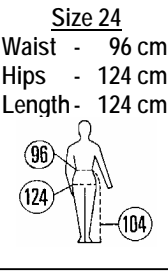
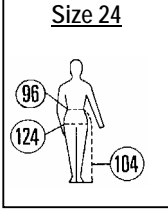
V56 70-71

V57 72-73

V58 74-75

V59 76-77

- The following size description systems (labels) sometimes appear on women's outerwear garments. **Please mark "X"** against those size description systems (labels) that are **commonly used** on outerwear ready-made apparel

		X (1)
Letter coded labels such as, small (S), medium (M), large (L) Example		
Numbered coded labels such as, 14, 16, 18, 20, 22, 24, ____ Example		
Numbered coded labels such as, 36, 38, 40, 42, 44, 46, 48, 50, ____ Example		
Size code and important measurements Example		
Illustrated figure, size code and measurements of some important body parts of a specific garment Example		
Illustrated figure, size code and measurements indicated on the figure Example		

V60 78

V61 79

V62 80

V63 81

V64 82

V65 83

16. Please mark "X" on column 3, against only one appropriate measurement, presented in column 2, which are used to determine size description systems given in column 1.

Column 1 (Size description systems)	Column 2 (Meaning)(Right = 1, Wrong = 2)	Column 3 (X)
Size 16 on a jacket <input type="text" value="16"/>	Shoulder measurements	2
	Bust measurements	1
Size 16 on a pair of trousers <input type="text" value="16"/>	Waist measurements	2
	Hip measurements	1
Size 42 on a jacket <input type="text" value="42"/>	Shoulder measurements	2
	Bust measurements	1
Size 42 on a pair of trousers <input type="text" value="42"/>	Length measurements	2
	Hip measurements	1
Extra large size on a blouse <input type="text" value="XL"/>	Bust measurements	2
	The size of the body	1
Extra large size on a pair of trousers <input type="text" value="XL"/>	Hip measurements	2
	The size of the body	1

V66

V67

V68

V69

V70

V71

17. Please mark "X" on column 3, against only one appropriate answer in column 2, for the questions given in column 1.

Column 1	Column 2 Right = 1, Wrong = 2)	Column 3 (X)
What does a number 16 on a Jacket indicate?	16 inches (41 cm) shoulders	2
	40 inches (102 cm) bust	1
What does a number 16 on a Skirt indicate?	26 inches (66 cm) waist	2
	44 inches (112 cm) hips	1
What does a number 42 on a Jacket indicate?	18 inches (46 cm) shoulders	2
	40 inches (102 cm) bust	1
What does a number 42 on a Skirt indicate?	42 inches (107 cm) waist	2
	44 inches (112 cm) hips	1

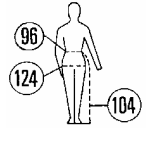
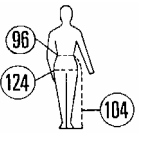
V72

V73

V74

V75

18. How would you rate the following size description systems' effectiveness in terms of guiding you to select well-fitting outerwear garments? Please mark your answer with an "X".

		1	2	3	4	5
		Extremely effective	Effective	Ineffective	Extremely ineffective	Undecided
Letter coded labels such as, small (S), medium (M), large (L) Example	<div style="border: 1px solid black; padding: 2px 10px;">XL</div>					
Numbered coded labels such as, 14, 16, 18, 20, 22, 24, ____ Example	<div style="border: 1px solid black; padding: 2px 10px;">16</div>					
Numbered coded labels such as, 36, 38, 40, 42, 44, 46, 48, 50, ____ Example	<div style="border: 1px solid black; padding: 2px 10px;">42</div>					
Size code and important measurements Example	<p style="margin: 0;">Size code-14</p> <p style="margin: 0;">Bust 92 cm</p> <p style="margin: 0;">Hip 97 cm</p> <p style="margin: 0;">Length 96 cm</p>					
Illustrated figure, size code and measurements of some important body parts of a specific garment Example	<p style="margin: 0; text-align: center;">Size 24</p> <p style="margin: 0;">Waist - 96 cm</p> <p style="margin: 0;">Hips - 124 cm</p> <p style="margin: 0;">Length - 124 cm</p> 					
Illustrated figure, size code and measurements indicated on the figure Example	<p style="margin: 0; text-align: center;">Size 24</p> 					

V76 94

V77 95

V78 96

V79 97

V80 98

V81 99

19. Please rate the following statements regarding your preference on differently fitted garment items. Please mark your answer with an "X".

	More often	Often	Sometimes	Never	Undecided
JACKET					
I prefer to wear a fitted jacket to work					
I prefer to wear a semi fitted jacket to work					
I prefer to wear a loose fitting jacket to work					
SKIRT					
I prefer to wear a fitted skirt to work					
I prefer to wear a semi fitted skirt to work					
I prefer to wear a loose fitting skirt to work					

V82 100

V83 101

V84 102

V85 103

V86 104

V87 105

20. Please respond to the following statements in relation to fit problems common with ready-made garments. Please mark with an "X".

	Strongly Agree	Agree	Disagree	Strongly Disagree	Undecided
I never find well fitting garments, because my body in proportionally unbalanced (some parts are too small and others are too big e.g. my hips are too big for my waistline).					
I never find well fitting garments because the sizes available in the market has problems (e.g. none fit both my waist and my hips comfortably without adjustments like elastic in waistline)					

V88 106

V89 107

21. Please indicate with an "X", how frequently you experience the following fitting problems with ready-made garments.

	Most Frequent	Frequent	Less Frequent	Never	Undecided
I have problems purchasing outer-wear garments that fit my figure/size type well					
I am satisfied with the way most of my garments fit my figure/size type					
The latest fashions are available in my size					

V90 108

V91 109

V92 110

22. Please mark "X" in column 3, against **only one** fit problem in column 2, which you commonly experience with the ready-made garments at specific locations, presented in column 1.

COLUMN 1 (Garment locations)	COLUMN 2 (Fit problems) (R=1, W=2)		COLUMN 3 (X)
Neckline	Too tight	1	
	Too loose	2	
Shoulders	Too tight	1	
	Too lose	2	
Back width (Shoulder blades)	Too tight	1	
	Too loose	2	
Bust	Too tight	1	
	Too loose	2	
Nape to waist	Too short	1	
	Too long	2	
Front neck to waist	Too short	1	
	Too long	2	
Armscye (Armhole)	Too tight	1	
	Too loose	2	
Upper arms	Too tight	1	
	Too loose	2	
Elbow	Too tight	1	
	Too loose	2	
Lower arm	Too tight	1	
	Too loose	2	
Sleeve length	Too short	1	
	Too long	2	
Waist	Too tight	1	
	Too loose	2	
Abdomen	Too tight	1	
	Too loose	2	
Hip	Too tight	1	
	Too loose	2	
Crotch line	Too short (tight)	1	
	Too loose (long)	2	
Buttock	Too tight	1	
	Too loose	2	
Thigh	Too tight	1	
	Too loose	2	
Skirt length	Too short	1	
	Too long	2	
Trousers length	Too short	1	
	Too long	2	

V93 111

V94 112

V95 113

V96 114

V97 115

V98 116

V99 117

V100 118

V101 119

V102 120

V103 121

V104 122

V105 123

V106 124

V107 125

V108 126

V109 127

V110 128

V111 129



Appendix 1B

INTRODUCTORY LETTER TO THE MINISTER OF EDUCATION



MOI UNIVERSITY
CHIEF ACADEMIC OFFICER

Tel: (053) 43001-8
(053) 43620
Fax: (053) 43047 or 254 (053) 43102
Telex: (053) 35047
Email: caco@mu.ac.ke

P.O. Box 3900
Eldoret
KENYA

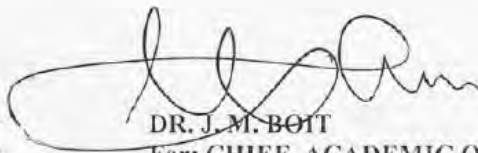
14th September

Dear Sir/Madam

TO WHOM IT MAY CONCERN

This is to confirm that Anne Mastamet Mason is a Moi University member of staff. She is currently undertaking PhD. Studies in university of Pretoria – Republic of South Africa. She has come back to Kenya shortly to carry out research as part of her studies.


Please accord her necessary assistance to enable her collect data for her thesis.




DR. J. M. BOTT
For: **CHIEF ACADEMIC OFFICER**

Appendix 10

RESEARCH PERMIT FROM KENYA'S MINISTRY OF EDUCATION

<p style="text-align: center;">CONDITIONS</p> <ol style="list-style-type: none"> 1. You must report to the District Commissioner and the District Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit. 2. Government Officers will not be interviewed without prior appointment. 3. No questionnaire will be used unless it has been approved. 4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries. 5. You are required to submit at least two (2)/four(4) bound copies of your final report for Kenyans and non-Kenyans respectively. 6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice. <p style="font-size: small;">GPK 6055—3m—10/2003</p>	 <p>REPUBLIC OF KENYA</p> <p>RESEARCH CLEARANCE PERMIT</p> <p style="font-size: small;">(CONDITIONS—see back page)</p>
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<p>PAGE 2</p> <p>THIS IS TO CERTIFY THAT:</p> <p>Prof./Dr./Mr./Mrs./Miss <u>ANNE MASTAMET MASON</u></p> <p>of (Address) <u>MOI UNIVERSITY</u> <u>P.O. BOX 3900, ELDORET</u></p> <p>has been permitted to conduct research in <u>KISUMU</u> Location, <u>NAIROBI, UASHIN GISHU</u> District, <u>NYANZA, NAIROBI, R/VALLEY</u> Province,</p> <p>on the topic <u>FEMALE BODY FORMS IN RELATION TO</u> <u>THE FIT OF READY MADE APPAREL IN KENYA</u></p> <p>for a period ending <u>31st December</u>, 20<u>05</u></p>	<p>PAGE 3</p> <p>Research Permit No. <u>MOEST 13/001/35C 49</u></p> <p>Date of issue <u>30th September, 2005</u></p> <p>Fee received <u>Shs. 1000</u></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <u>M. O. ONDIEKI</u> Permanent Secretary MINISTRY OF EDUCATION SCIENCE AND TECHNOLOGY </p> <p style="font-size: small;">Applicant's Signature</p>
--	---



MINISTRY OF EDUCATION, SCIENCE & TECHNOLOGY

Telegrams: EDUCATION", Nairobi

Fax No.
Telephone: 318581
When replying please quote



REPUBLIC OF KENYA

JOGOO HOUSE
HARAMBEE AVENUE
P. O. Box 30040
NAIROBI
KENYA

MOEST 13/001/354 497/2

30th September, 2005

Anne Mastamet Mason
Moi University
P.O. BOX 3900
ELDORET

Dear Madam

RE: RESEARCH AUTHORIZATION

Following your application for authority to conduct research on "Female body forms in relation to the fit of ready made apparel in Kenya".

This is to inform you that you have been authorized to carry out research in Kisumu, Nairobi, and Uashin Gishu Districts for a period ending 31st December, 2005.

You are advised to report to the Provincial Commissioner, the Provincial Director of Education Nairobi, the District Commissioners, and the District Education Officers Uashin Gishu and Kisumu Districts before commencing your study.

On completion of your research project, you are expected to submit two copies of your research report to this Office.

Yours faithfully

M. O. ONDIEKI
FOR: PERMANENT SECRETARY



Appendix 1D

RESEARCH PERMIT FROM ELDORET MINISTRY OF EDUCATION REGIONAL OFFICE

MINISTRY OF EDUCATION, SCIENCE AND TECHNOLOGY

Telegrams: "EDUCATION", Eldoret

Telephone: Eldoret 61842

Fax: Eldoret 053-61842

When replying please quote

Ref. No. UG/ADM/ED/GERT/3/v.2/160
and date



DISTRICT EDUCATION OFFICER

UASIN GISHU DISTRICT

P.O. Box 371-30100

ELDORET

.....17th October, 20.05.

The Principal
Moi Girls High School
Chebisass High School
Kapsaya Secondary School
Wareng Secondary School
Uasin Gishu High School
Hill School
Umoja Secondary School
Cheplaskai Secondary School
Kapsaos Secondary School
G.K. Magareza Secondary School

RE: PERMISSION TO CONDUCT RESEARCH : ANNE MASTAMET MASON

The above named student is currently pursuing a Doctorate degree (PHD) on " Female body forms in relation to the fit of ready made apparel in Kenya" at University of Pretoria in collaboration with Moi University. She wishes to carry out the research on the specific areas as shown above.

The purpose of this letter is to request you to allow her carry out the research in your Institution.

Kindly accord her all the necessary assistance.

J.K. CHEMUREN
FOR: DISTRICT EDUCATION OFFICER
UASIN GISHU.



Appendix 1E

RESEARCH PERMIT FROM KISUMU MINISTRY OF EDUCATION REGIONAL OFFICE

MINISTRY OF EDUCATION SCIENCE AND TECHNOLOGY

Telegrams:.....
Telephone: Kisumu (057) 43409
When replying please quote

DISTRICT EDUCATION OFFICE
P.O. BOX 1914
KISUMU



REPUBLIC OF KENYA

REF:KSM/MISC/29/1/(26)

25th October, 2005

The Principals:

St.Teresas Girls Secondary School
Kisumu Day Secondary School
Kisumu Boys High School
Joyland Special Secondary School
Joel Omino Mixed Secondary School
Xaverian Secondary School

✓ **RE: ANNE MASTAMET MASON**
RESEARCH AUTHORISATION

With reference to the Permanent Secretary's MOEST letter, Ref. MOEST 13/001/354/497/2 dated 30th September, 2005 refers.

The above named who is a lecturer at Moi University have been authorized to carry out research in your institution(s) on "Female body forms in relation to fit of ready made apparel in Kenya".

Please accord her the necessary assistance.

MAHMOUD K. ESIMGABANAH
For: DISTRICT EDUCATION OFFICER
KISUMU DISTRICT.

c.c. The Provincial Director of Education
Nyanza Province
P.O. Box 575
KISUMU.

Appendix 2A

ORIGINAL SAMPLE PLAN

Region 1- Western (Eldoret and Kisumu) = 302						Region 2 (Nairobi) = 346		
Eldoret: start school 5, every 3 rd school			Kisumu: Start school 9, every 3 rd school			Start school 15, every 3 rd school		
School	F total	Sample	School	F total	Sample	School	F total	Sample
1			1	24	12	1	40	20 odd/even flip a coin
2			2			2		
3			3			3		
4			4	24	12	4	26	13 odd/even flip a coin
5*	24	12	5			5		
6			6			6		
7			7			7	36	13 every third starting with 15
8	28	14	8			8		
9			9*	28	14	9		
10			10			10	42	14 every third starting with 4
11	26	13	11			11		
12			12	28	14	12		
13			13			13	30	10 every third starting with 6
14	26	13	14			14		
15			15	23	11	15*	26	13 odd/even flip a coin
16			16			16		
17	24	12	17			17		
18			18	27	13	18	23	11 odd/even flip a coin
19			19			19		
20	20	10	20			20		
21			Totals	154	76	21	28	14 odd/even flip a coin
Totals	148	74				22		
Western =302, 150 in every 2. Odd or even numbers on female staff list-flip a coin to determine which to choose.						23		
						24	26	13 odd/even flip a coin
						25		
						26		
27	22	11 odd/even flip a coin						
28								
29								
30	24	8 every third starting with 8						
31								
32								
33	23	11 odd/even flip a coin						
34								
35								
Total	151							



Appendix 2B

LIST OF SCHOOLS AT GRASS ROOT LEVEL

NEW LIST OF SCHOOLS: REGION 1, WESTERN-ELDORET		
	SCHOOL	NUMBER OF FEMALE TEACHERS
1	Chebisaas High School	25
2	Moi Girls High School	35
3	Hill School	25
4	Kapsoya Secondary School	18
5	Wareng Secondary School	23
6	Sixty-Four Secondary School	24
7	Uasin Gishu High School	28
8	Umoja Secondary School	20
9	Cheplaskei Secondary School	20
10	Kapsaos Secondary School	18
11	G. K Magereza Secondary School	24
	Total	260
NEW LIST OF SCHOOLS: REGION 1, WESTERN-KISUMU		
	SCHOOL	NUMBER OF FEMALE TEACHERS
1	Bar Union Secondary School	24
2	Xaverian Secondary School	18
3	Dago Thim Mixed Secondary School	24
4	Kisumu Day Secondary School	25
5	Dr Aloo Gumbi Mixed Secondary School	28
6	Joel Omino Mixed Secondary School	26
7	Kisumu Girls Secondary School	30
8	Joyland Special Secondary School	23
9	Nyamasaria Mixed Secondary School	24
10	Kisumu Boys Secondary School	28
11	Obwolo Mixed Secondary School	26
12	St Theresa's Kibuye Girls Secondary School	27
13	Ogada Mixed Secondary school	27
	Total	330



NEW LIST OF SCHOOLS: REGION 2, CENTRAL-NAIROBI		
	SCHOOL	NUMBER OF FEMALE TEACHERS
1	Kenya High Girls School	32
2	Upper Hill Secondary School	25
3	State House Girls High School	27
4	Ngara Girls High School	24
5	Nairobi Boys High School	23
6	Pumwani Secondary School	18
7	Moi Nairobi Girls High School	30
8	Pangani Girls High School	28
9	Precious Blood Girls High School	27
10	Huruma Girls Secondary	26
11	Jamhuri High school	10
12	Ofafa Jericho Secondary School	16
13	Embakasi Secondary School	22
14	Buruburu Girls Secondary School	10
15	St Georges Girls Secondary School	30
16	Aquinas Secondary School	25
17	Alliance Boys High School	20
18	Alliance Girls High School	32
19	St Theresa's Boys Secondary School	24
20	St Theresa's girls Secondary School	16
21	Lenana Boys High School	26
22	Dagoretti High School	23
23	Moi Forces Academy School	28
24	Starehe Boys High School	21
	Total	563



Appendix 20

SAMPLING PLAN WHILE AT GRASS ROOT LEVEL, RESPONSES TO THE QUESTIONNAIRE AND PARTICIPATION IN THE MEASUREMENT AND PHOTOGRAPHIC EXERCISE

REGION 1 – ELDORET						
List of the Schools	Number of female teachers in all the schools	Number of female teachers from the sampled schools	Distributed questionnaires	Filled /received questionnaire	Photographs	Measurements
1	25					
2* 5	35	35	18	12	7	9
3	25					
4	18					
5** (starting point)	23	23	12	11	6	8
6	24					
7* 2	28	28	14	8	4	7
8	20					
9* 3	20	20	10	7	4	5
10	18					
11* 4	24	24	12	8	4	5
Total	260	130	66	46 (69.7%-responses)	25 (37.9%-participants)	34 (51.5%-participants)
REGION 1 – KISUMU						
List of the Schools	Number of female teachers in all the schools	Number of female teachers in sampled schools	Distributed questionnaires	Filled questionnaires	Photographs	Measurements
1	24					
2**(starting point) 1	18	18	10	6	3	5
3	24					
4* 2	25	25	15	9	6	9
5	28					
6* 3	26	26	16	9	2	7
7	30					
8* 4	23	23	13	7	5	6
9	24					
10* 5	28	28	17	8	4	8
11	26					
12* 6	27	27	16	8	5	7
13	27					
Total	330	147	87	47 (54%-responses)	25 (28.7% participants)	42 (48.3% participants)



REGION 2 – NAIROBI						
List of the Schools	Number of female teachers in all the schools	Number of female teachers in sampled schools	Distributed questionnaires	Filled questionnaires	Photographs	Measurements
1	32					
2*6	25	25	14	9	4	5
3	27					
4* 7	24	24	13	8	3	4
5	23					
6* 8	18	18	11	8	0	3
7	30					
8* 9	28	28	17	11	4	5
9	27					
10* 10	26	26	15	11	5	4
11	10					
12* 11	16	16	9	7	4	4
13	22					
14* 12	10	10	6	6	0	0
15	30					
16** starting point 1	25	25	14	10	4	4
17	20					
18* 2	32	32	18	13	4	4
19	24					
20* 3	16	16	9	7	3	5
21	26					
22* 4	23	23	13	9	3	4
23	28					
24* 5	21	21	11	9	5	5
	563	264	150	108 (72%-response)	39 (26% -participa	47 (31%-participa



Appendix 3A

BODY MEASUREMENT FORM

REGION

SUBJECT NUMBER

OFFICIAL USE ONLY

V1 1

V2 2-4

	MEASUREMENTS TO BE RECORDED IN CENTIMETRES	CM
A. VERTICAL MEASUREMENTS		
1	Height (Stature)	
2	Nape to ground (Cervical height standing)	
3	Shoulder (acromion) to ground	
4	Chest girth level to ground	
5	Bust level to ground	
6	Under bust level to ground	
7	Natural waist to ground	
8	Lower waist to ground	
9	Upper hip to ground	
10	Hip to ground	
11	Largest thigh level to ground	
12	Inside leg to ground	
13	Knee height (midpatella)	
14	Largest (widest) calf level to ground	
15	Nape to natural waist the back	
16	Scye depth (front)	
17	Scye depth (back)	
18	Nape to bust point at the front	
19	Nape to natural waist at the front through bust point	
20	Crutch length	
21	Body rise	
22	Centre back waist (natural) to hip	
23	Under arm land mark (side seam) to the waist	
24	Under arm land mark (side seam) to the floor	
25	Outside leg from the waist to hip on the side seam	
26	Outside leg from the waist to knee on the side seam	
27	Outside leg from the waist to ankle on the side seam	
28	Outside leg from the waist to the floor on the side seam	

V3	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	3-7
V4	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	8-10
V5	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	11-13
V6	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	14-16
V7	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	17-19
V8	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	20-22
V9	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	23-25
V10	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	26-28
V11	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	29-31
V12	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	32-34
V13	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	35-37
V14	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	38-40
V15	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	41-43
V16	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	44-46
V17	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	47-49
V18	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	50-52
V19	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	53-55
V20	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	56-58
V21	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	59-61
V22	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	62-64
V23	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	65-67
V24	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	68-70
V25	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	71-73
V26	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	74-76
V27	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	77-79
V28	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	80-82
V29	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	83-85
V30	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	86-88



MEASUREMENTS TO BE RECORDED IN CENTIMETRES		CM
B. GIRTH AND ARC MEASUREMENTS		
29	Neck base girth	
30	Armhole circumference	
31	Upper arm girth at the largest part	
32	Wrist girth	
33	Back chest arc (from right to the left side seams)	
34	Front chest arc (from right side to the left side seams)	
35	Upper chest girth	
36	Back bust level arc (from right to the left side seams)	
37	front bust level arc (from right to the left side seams)	
38	Bust girth at fullest part	
39	Back under bust arc (from right to the left side seams)	
40	Front under bust arc (from right to the left side seams)	
41	Under bust girth	
42	Back natural waist arc (from right to the left side seams)	
43	Front natural waist arc (from right to the left side seams)	
44	Natural waist girth	
45	Back lower waist (omphalion) arc (from right to the left side seams)	
46	Front lower waist (omphalion) arc (from right to the left side seams)	
47	Lower waist (omphalion) girth	
48	Back upper hip level arc (from right side seam to left side seam)	
49	Front upper hip level arc (from right side seam to left side seam)	
50	Upper hip girth at 10cm below natural waist	
51	Back upper hip level arc (from right to the left side seams)	
52	Front upper hip level arc (from right to the left side seams)	
53	Hip girth (normal)	
54	Hip girth (broadest point)	
55	Upper thigh girth at the widest part	
56	Knee girth	
57	Calf girth	
58	Ankle girth	

V31			89-91
V32			92-94
V33			95-97
V34			98-100
V35			101-103
V36			104-106
V37			107-109
V38			110-112
V39			113-115
V40			116-118
V41			119-121
V42			122-124
V43			125-127
V44			128-130
V45			131-133
V46			134-136
V47			137-139
V48			140-142
V49			143-145
V50			146-148
V51			149-151
V52			152-154
V53			155-157
V54			158-160
V55			161-163
V56			164-166
V57			167-169
V58			170-172
V59			173-175
V60			176-178

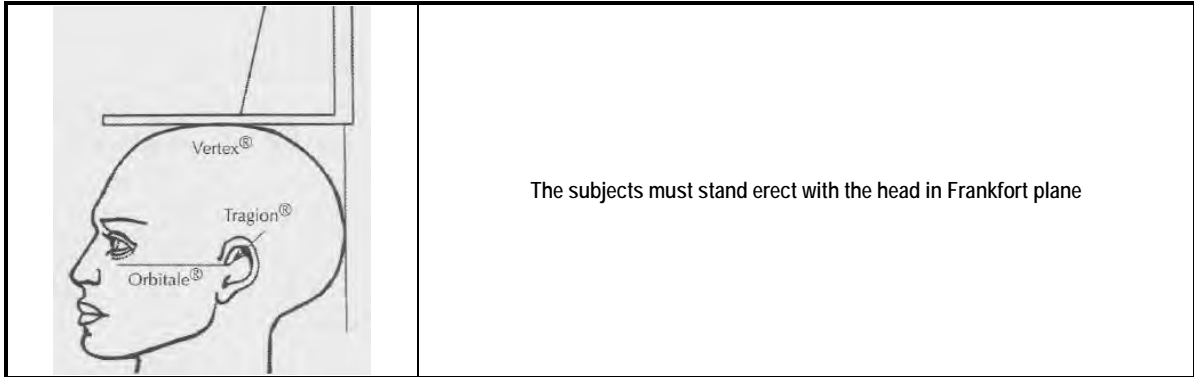


MEASUREMENTS TO BE RECORDED IN CENTIMETRES		CM
C. WIDTH AND LENGTH MEASUREMENTS		
59	Across back shoulders	
60	Back width (cross back at mid way between nape and scye level)	
61	Shoulder length	
62	Across front shoulders (from right to left acromions)	
63	Cross chest at the front at mid way between neck base and scye level	
64	Width of bust prominence (from right to the left bust tips)	
65	Side seam to the bust point taken from the side (bust extension)	
66	Side seam to the hip prominence measured from the side (Waist to flat back ground surface measured at 90 degrees from the background) (buttock extension)	
67	Nape to wrist (7 th cervical to wrist)	
68	Inside arm length (under arm to the wrist)	
69	Shoulder (acromion to wrist)	
70	Shoulder slope	

V61			179-182
V62			183-184
V63			185-187
V64			188-200
V65			201-203
V66			204-206
V67			207-209
V68			210-212
V69			213-215
V70			216-218
V71			219-221
V72			222-224

Appendix 3B

RULES OBSERVED WHILE TAKING BODY DIMENSIONS



A. HEIGHT AND VERTICAL MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
1	Height (stature)	Improvised anthropometer and Stature metre interchangeably	The measurement was taken on the vertical distance from a standing surface to the top of the head. The subjects stood erect with the head in Frankfort plane. The heels were together with the weight distributed equally on both feet	RMSS, 1994; Beazley, 1996
2	Nape to ground (Cervical height standing)	Improvised anthropometer	The measurement was taken on vertical distance from a standing surface to the 7 th cervical landmark. The subjects stood erect with the heads in Frankfort plane measured from the back of the subject.	RMSS, 1994; Beazley, 1996
3	Shoulder to ground	Improvised anthropometer	The measurement was taken on vertical distance between a standing surface and the cervical landmark (acromion) on the spine at the base of the neck. The subjects stood erect with the heads in the Frankfort plane measured from the back of the subjects	Beazley, 1996
4	Natural waist to ground	Elastic on the natural waist indentation, the adjustable metal tape and	The measurement was taken on vertical distance between a standing surface and the landmark on the natural waist. The subjects stood erect with heads in the Frankfort plane measured from the back of the subject.	Beazley, 1996
5	Hip to ground (Trochanterion height)	Improvised anthropometer	The measurement was taken on vertical distance between a standing surface and the right thigh. The subjects stood erect looking straight ahead. The heels were together with weight distributed equally on both feet.	RMSS, 1994
6	Inside leg to ground	Improvised anthropometer	The measurement was taken when the subject was in a relaxed position with legs slightly apart. Then measurements were taken from the crotch to the soles of the feet.	ASTM-D 5219, 1994
7	Knee height (Midpatella)	Improvised anthropometer	The measurement was taken on vertical distance between a standing surface and midpatella landmark at the centre of the right knee. The subjects stood erect with the heels together and the weight distributed equally on both feet	RMSS, 1994).
8	Nape to natural waist (Cervical to natural waist at the back)	Metal tape measure	The measurement was taken on distance from the 7 th cervical vertebra, the tape measure was placed vertically down the back to the waist at the natural indentation level while the subjects stood erect	RMSS, 1994; Beazley, 1996.

A. HEIGHT AND VERTICAL MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
9	Scye depth (Nape to armcye level)	Elastic through the right and under arms positions and parallel to the floor. Improvised anthropometer	The measurement was taken from the 7 th cervical vertebra, vertically down through the centre back line to the elastic on chest line.	ISO 8559, 1989; RMSS, 1994; Beazley, 1996
10	Nape to bust point (Cervical to breast point)	Metal tape measure	The measurement was taken from 7 th cervical vertebra round the base of the neck to the nipples	ASTM-D5219, 1994; RMSS, 1994
11	Nape to natural waist (Cervical to natural waist-anterior)	Metal tape measure	The measurement was taken from 7 th cervical vertebra round the base of the neck to the natural waist at the front while the subjects stood erect.	ASTM-D5219, 1994; RMSS, 1994
12	Crutch length	Metal tape measure	The measurement was taken from the centre of natural waist level at the front of the body, through the crotch (between the legs) to the centre of the back at the natural waist level.	ISO 8559, 1989; RMSS, 1994;
13	Body rise	Elastic on the natural waist indentation, Metal tape measure	The measurement was taken while the subjects were seated on a hard surface and erect. Then the measurement was taken straight from the natural waist level at the side of the body to the flat surface.	ASTM- D5585, 1994
14	Centre back waist (natural) to hip	Elastic on the waist, metal tape measure	With the subject's back facing the measurer, the measurement was taken vertically between the lower edge of the elastic on the waist to the centre back hip landmark	Beazley, 1996
15	Outside leg to knee length	Metal tape measure	The measurement was taken from the natural waist to midpatella (knee) circumference level following contour of the hip.	RMSS, 1994
16	Outside leg to ankle (a) and to the floor (b)	Metal tape measure	The measurement is taken from the natural waist to ankle level or to the floor accordingly.	RMSS, 1994;

B. HORIZONTAL (GIRTH) MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
17	Neck base girth	Metal tape measure	With subject facing the measurer, the measurements of the neck was taken over the cervical at the back and at the top of the collarbone at the front were taken	ASTM-D5219, 1994
18	Armscye circumference	Metal tape measure	It was measured through under arm mid-point and vertically over the shoulder through landmarks at shoulder points, mid of scye at both front and back., while the subject stood upright with the arms hanging naturally.	RMSS, 1994;
19	Upper arm girth	Metal tape measure	The subjects stood with their right sides to the measurer. The measurement was taken horizontally around the upper arm (biceps or mid way between the elbow and shoulder point).	ASTM-D5219, 1994; ISO in Beazley, 1996
20	Elbow girth	Metal tape measure	The subjects stood with their right sides to the measurer with hands bend so that the fingers touch her right shoulders. The measurement was then taken around the widest part of the elbow passing over the elbow landmark and the crease line of the bent elbow.	ISO in Beazley, 1996
21	Wrist girth	Metal tape measure	The measurement was taken over the prominence of the inner and the outer fore arm bones.	ASTM-D5219, 1994
22	Upper chest girth (chest level)	Metal tape measure	The subjects stood with backs to the research assistant and facing the measurer. The measurement was taken over the chest level above the bust line. The measurer checks with assistant that the tape is correct across back at scye level	ASTM-D5219, 1994; Beazley, 1996
23	Bust girth	Met al tape measure	The subjects stood with backs to the assistant and facing the measurer. The measurement was taken over the fullest part of the breasts and parallel to the floor. The measurer checks with assistant that the tape is correct across back at scye level	ASTM-D5219, 1994; Beazley, 1996
24	Under bust girth	Metal tape measure	The subjects stood with backs to the assistant and facing the measurer. The measurement taken just below the fullest part of the breasts and parallel to the floor.	ASTM-D5219, 1994; Beazley, 1996

B. HORIZONTAL (GIRTH) MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
			The measurer checks with assistant that the tape is correctly placed at the back.	
25	Natural waist girth	Metal tape measure and elastic for locating the waist indentation	The measurer confirms the waist indentation as the elastic sits comfortably in natural waist positions. This area is located between the lowest rib and hip also identified by bending the body to the side. Subject stood with backs facing the assistant. The metal tape measure is held round the waist level firmly but not tightly. The measurer checks with assistant that the correct back waist level are maintained.	ISO8559, 1989 ASTM-D5219, 1994
26	Lower waist (omphalion) girth	Metal tape measure	The measurement was taken round the body at level of omphalion (belly button).	RMSS, 1994;
27	Upper hip girth at 10cm below natural waist	Metal tape measure	The measurement was taken round the body at 10 cm below the natural waistline. The measurer checks that the tape remains in proper level at the back through the help of the assistant	Beazley, 1996; RMSS, 1994;
28	Hip girth	Metal tape measure	This part is located at approximately, 10cm below the upper hip level. Also located as the fullest part of the buttocks. With the subject facing the measurer, the tape measure was held firmly over the hip level landmarks ensuring that it was also correctly placed at the back with the help of an assistant.	Beazley, 1996; RMSS, 1994;
29	Upper thigh girth	Metal tape measure	The measurement was taken around the thickest part of the right upper thigh at gluteal (buttock) crease point	RMSS, 1994; Beazley, 1996; Gordon <i>et al.</i> , in Simmons and Istook, 2003
30	Mid-thigh girth	Metal tape measure	The measurement was taken at midway between the hip level and knee while the subjects stood upright.	RMSS, 1994
31	Knee girth	Metal tape measure	With the legs straight, the circumference of the knee over the kneecap (Patella) and parallel to the floor was taken.	ASTM-D5219, 1994
32	Calf girth	Metal tape measure	The subjects stood facing the measurer with legs slightly apart. The measurement was taken horizontally around the thickest part of right calf	ISO8559, in Beazley, 1996
33	Ankle girth	Metal tape measure	The subjects stood facing the measurer with her legs slightly apart. The measurement was taken around the widest part of the right ankle passing over the ankle landmark	ISO8559, in Beazley, 1996

C. WIDTH AND LENGTH MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
34	34. Across back shoulders	Metal tape and segmometer interchangeably	The subjects stood upright and straight with backs to the measurer. The measurement was taken between the left and right shoulder (acromion) landmarks.	ISO8559, 1989
35	35. Back width (cross back at mid way between nape and scye level)	Metal tape and segmometer interchangeably	With the subject's back facing the measurer, the measurement was taken between left and right landmarks placed midway shoulder and scye level.	ASTM-D5219, 1994; Beazley, 1996
36	Buttock extension	Metal tape measure	With the subjects looking straight ahead and shoulders relaxed, the measurement was taken from the side at the hip joint to the end of buttock extension	
37	Shoulder length	Metal tape measure	With the subjects looking straight ahead and shoulders relaxed, the measurement was taken from the base neck landmark to the landmark at the shoulder point (acromion)	RMSS, 1994
38	Across front shoulders	Metal tape and segmometer interchangeably	With the subject facing the measurer, the measurement was taken horizontally between left and right shoulder landmarks.	Beazley, 1996

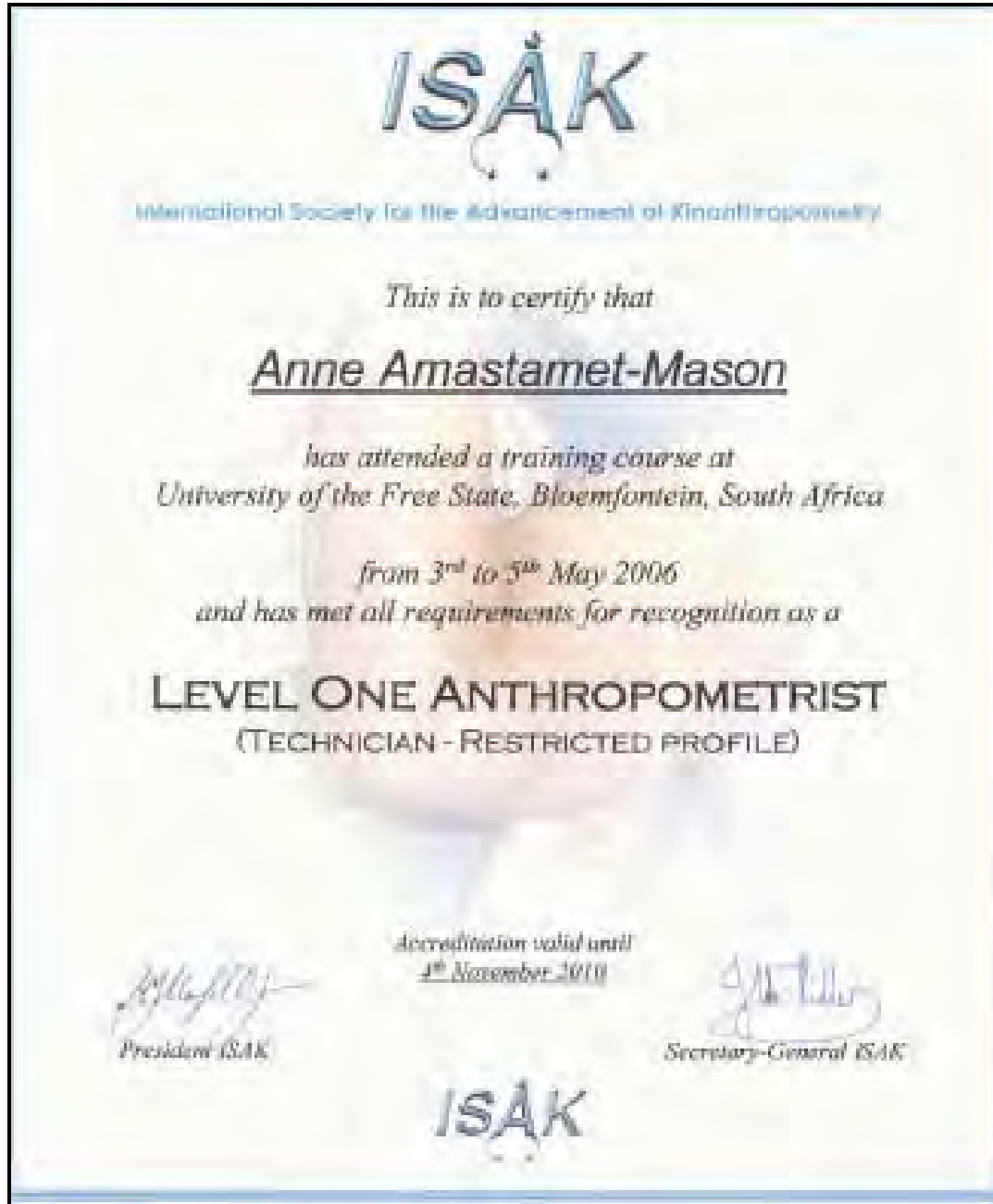


C. WIDTH AND LENGTH MEASUREMENTS				
	Type of measurement	Instruments (equipment and tools to be used)	Method of taking measurements (Technique)	Reference
39	Bust extension	Metal tape	With the subjects looking straight ahead and one arm stretched forward, the measurement was taken from the side seam to the breast tip	
40	Cross chest at the front at mid way between neck base and scye level	Metal tape and segmometer interchangeably	With the subject facing the measurer, the measurement was taken from left and right landmarks in between the shoulder points and scye level.	Beazley, 1996
41	Width of bust prominence	Metal tape and segmometer interchangeably	With the subject facing the measurer, the measurement was taken horizontally from left and right most prominent parts of the breasts (nipples).	ASTM-D5219, RMSS, 1994
42	7 th cervical to wrist (nape to wrist)	Metal tape measure	Subject stood with right sides to the measurer with arms bent at 90 degrees at the elbow. Measurement was taken from the 7 th cervical land mark over the shoulder (acromion) landmark to the wrist land mark	RMSS, 1994
43	Inside arm length	Metal /Fibre glass tape measure	This measurement was taken between the mid axilla fold (ampit) to the distal end of the stylium landmark at the wrist. The subject stood erect with arms rested against the body	RMSS, 1994
44	Shoulder to wrist	Metal/Fibre glass tape measure	Subjects stood with right sides to the measurer with arms bent at the elbow. Measurement was taken from the shoulder point (acromion landmark) through the elbow to the wrist land mark	RMSS, 1994 ISO8559,



Appendix 3C

ANTHROPOMETRIC QUALIFICATIONS OF THE RESEARCHER



Appendix 3D

BODY SHAPE ASSESSMENT SCALE

REGION

Photograph code

Panellist code

The body shape appear to fit into which group? (Please **mark one**)

		X
Slender group (small size)	1	
Average (medium size)	2	
Large group (plus size)	3	

Study the following **Front**, **Side(profile)** and **Back** views of each of the provided photographs and mark with an "X" a statement that best describes the **part-to-part** proportions of the body shape

PART-TO PART EVALUATION

Shoulders/bust appear-----(please **mark one**)

		X
Narrower than the hips	1	
Same width as the hips	2	
Wider than the hips	3	

The waist appear-----please **mark one**)

		X
Narrower than the hips	1	
Same width as the hips	2	
Wider than the hips	3	

Official use only

V1 1

V2 2-3

V3 4-5

V4 6

V5 7

V6 8

Study the following **Front**, **Side(profile)** and **Back views** of each of the provided photographs and mark with an "X" a statement that best describes the **part-to-whole** proportions of the body shape

PART-TO WHOLE EVALUATION

Stomach(abdomen) appear------(please **mark one**)

		X
No fullness looks straight or flat	1	
Fullness ('b') below waist	2	
Fullness ('D') extending from the bust line to the crotch level	3	

V7 9

Derriere (Seat/Buttocks) appear------(please **mark one**)

		X
Flat with very small or no fullness at all	1	
Average protrusion with moderate rounded shape	2	
Full protrusion extending ('d") larger fullness extension	3	

V8 10

Upper back appear------(please **mark one**)

		X
Straight upper back (Flat)	1	
Moderately rounded upper back	2	
Fully rounded upper back	3	

V9 11

Thighs bulge appear------(please **mark one**)

		X
Small bulge (flat) no thigh bulge or same as hip	1	
Average bulge (large bulge extending moderately beyond the hip)	2	
Large bulge (extends excessively beyond the hip)	3	

V10 12

Top arms (biceps) appear------(please **mark one**)

		X
Thin (bony) with little flesh	1	
Average with softly curved shape. No excess flesh	2	
Full with heavy upper arms or muscular curves	3	

V11 13

Shoulders appear------(please **mark one**)

		X
Squared	1	
Normal	2	
Sloping	3	

V12 14



Using your own words, please assign the shape a **name/category** that would holistically describe the **central features critical to the garment's fit** when viewed from the front, side and back (For example, Hourglass with "D", "b" front, "d" back, rounded upper back and hollow back waist).

V13	<input type="text"/>	15
V14	<input type="text"/>	16
V15	<input type="text"/>	17
V16	<input type="text"/>	18
V17	<input type="text"/>	19
V18	<input type="text"/>	20
V19	<input type="text"/>	21
V20	<input type="text"/>	22
V21	<input type="text"/>	23
V22	<input type="text"/>	24



Appendix 4A

KENYA BUREAU OF STANDARDS SIZES

DKS 08-411:2000

TABLE 2 . BODY MEASUREMENTS FOR WOMEN OF AVERAGE FIGURE (HEIGHT 162 cm TO 172 cm)
All measurements in centimetres

Size	8	10	12	14	16	18	20	22	24	26	28
Bust girth	80	84	88	92	96	100	104	108	112	116	120
Waist girth	62	66	70	74	78	82	86	90	94	98	102
Hip girth	88	92	96	100	104	108	112	116	120	124	128
Underbust girth	70	74	78	82	86	90	94	98	102	106	110
Thigh girth	42	44	47	50	53	56	59	61	64	67	70
Neck-base girth	35	35.5	36	36.5	37	38	39	40	41	42	43
Armscye girth	34	35	36	38	40	42	44	46	48	50	52
Upper arm girth	23	24	25	26	27	28	29	30.5	33	34.5	36
Across back	30	31	32	33	34	35	36	37.5	39	40.5	42
Shoulder width	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16
Arm length	57	57	58	58	59	59	60	60	61	61	62
Crotch length (total)	64	66	68	70	72	74	77	80	83	86	89
Neck to waist	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5
Crotch height (from ground)	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5	78
Outside leg Length	99	99.5	100	100.5	101	101.5	102	103	104	105	106

DKS 08-411:2000

TABLE 3. BODY MEASUREMENTS FOR SHORT WOMEN (HEIGHT 148 cm TO 161 cm)
All measurements in centimetres

Size	8	10	12	14	16	18	20	22	24	26	28
Bust girth	80	84	88	92	96	100	104	108	112	116	120
Waist girth	62	66	70	74	78	82	86	90	94	98	102
Hip girth	88	92	96	100	104	108	112	116	120	124	128
Underbust girth	70	74	78	82	86	90	94	98	102	106	110
Thigh girth	42	44	47	50	53	56	59	61	64	67	70
Neck-base girth	35	35.5	36	36.6	37	38	39	40	41	42	43
Arm cycle girth	33	34	35	37	39	41	43	45	47	49	51
Upper arm girth	23	24	25	26	27	28	29.5	30.5	33	34.5	36
Across back	30	31	32	33	34	35	36	37.5	39	40.5	42
Shoulder width	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16
Arm length	52	52	53	53	54	54	55	55	56	56	57
Crotch length (total)	62	64	66	68	70	72	75	78	81	84	87
Neck to waist	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38
Crotch height (from ground)	67	67.5	68	68.5	69	69.5	70	70.5	71	71.5	72
Outside leg Length	94	94.5	95	95.5	96	96.5	97	97.5	98	99	100



TABLE 4. BODY MEASUREMENTS FOR TALL WOMEN (HEIGHT 173cm TO 186cm)

All measurements in centimeters

Size	8	10	12	14	16	18	20	22	24	26	28
Bust girth	80	84	88	92	96	100	104	108	112	116	120
Waist girth	62	66	70	74	78	82	86	90	94	98	102
Hip girth	88	92	96	100	104	108	112	116	120	124	128
Underbust girth	70	74	78	82	86	90	94	98	102	106	110
Thigh girth	42	44	47	50	53	56	59	61	64	67	70
Neck -base girth	35	35.5	36	36.5	37	38	39	40	41	42	43
Arm cycle girth	35	36	37	39	41	43	45	47	49	51	53
Upper arm girth	23	24	25	26	27	28	29	30.5	33	34.5	36
Across back	30	31	32	33	34	35	36	37.5	39	40.5	42
Shoulder width	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16
Arm length	62	62	63	63	64	64	65	65	66	66	67
Crotch length (total)	66	68	70	72	74	76	79	82	85	88	91
Neck to waist	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43
Crotch height (from ground)	79	79.5	80	80.5	81	81.5	82	82.5	83	83.5	84
Outside leg length	106	106.5	107	107.5	108	108.5	109	109.5	110	111	112

Appendix 4B

KENYA BUREAU OF STANDARDS SIZE LABELS

DKS 08-411-2000

7. LABELLING

7.1 METHOD – The size designation of each garment shall be indicated clearly, conspicuously and in plainly legible form on a label, or on a swing ticket.

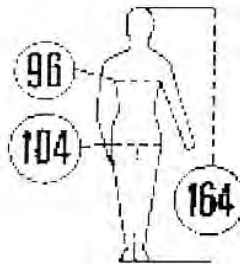
7.1.1 The label shall bear the country of manufacture.

7.2 ATTACHMENT – The label or swing ticket shall be securely attached to the garment and so positioned as to be easily readable.

7.3 ADDITIONAL INFORMATION – Information additional to the size designation may be separately indicated on the label, provided that it does not in any way reduce the prominence and conspicuousness of the size designation. Such additional information may include body measurements considered to constitute useful information. Garment care information shall be added to information on the size designation in accordance with KS 08-68, Textile care labelling code.

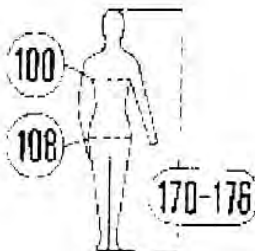
7.4 EXAMPLES OF LABELS – The examples of labels given in Figures 1,2,3 and 4 illustrate methods of labelling.

(a) Women's jacket



SIZE	
Bust	96
Hip	104
Height	164

(b) Woman's coat or dress

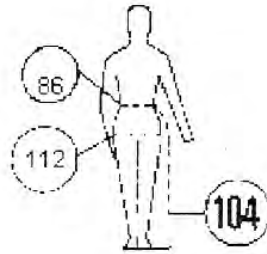


SIZE	
Bust	100
Hip	108
Height	170-176



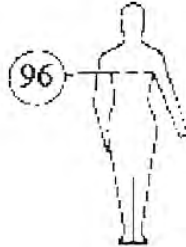
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(c) Woman's slacks



SIZE	20
Hip	112
Waist	86
Outside leg	
Length	104

(d) Woman's cardigan



SIZE	16
Bust girth	96