

Appendix 1 Scoring of fat levels

(a) ESF system		(b) BWG System	
Score	Description	Score	Description
0	No visible fat. Dark red	0	No visible fat. Dark red
1	F: Wide wedge of fat A: Trace of fat Light red	1	F: Trace of fat (~E 0.5) Light red/pink
2	F: Completely covered but deeply concave A: Slips of fat Light yellow	2	F: Base of tracheal pit obscured by fat to about one third full (~E 1.0) Yellow/pink
3	F: Moderate fat reserves cover ends of inter-clavicles but concave A: Flat or slightly bulging pad Light yellow	3	F: Tracheal pit about two thirds full muscle within tracheal pit visible between fat and clavicles (~E 1.5) Yellow/pink
4	F: Filled up to far end of clavicles A: Covered by clearly bulging pad of fat Yellow	4	F: Completely filled up to still concave far end of clavicles but still concave (not bulging) (~E 3.0) Pale yellow
5	F: Convex bulge, perhaps overlapping breast muscles A: Extreme convex bulge Yellow	5	F: Convex bulge, perhaps overlapping breast muscles A: Extreme convex bulge Yellow
6	F and A: Fat covering breast muscles by several mm.	6	F and A: Fat covering breast muscles by several mm.
7	F and A: 3/4 breast muscles covered Yellow	7	F and A: 3/4 breast muscles covered Yellow
8	F and A: Breast muscles not visible Yellow	8	F and A: Breast muscles not visible Yellow