### Appendix 1 Scoring of fat levels

<table>
<thead>
<tr>
<th>(a) ESF system</th>
<th>(b) BWG System</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Score</strong></td>
<td><strong>Description</strong></td>
</tr>
<tr>
<td>0</td>
<td>No visible fat. Dark red</td>
</tr>
</tbody>
</table>
| 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.  
Yellow | 6 | F and A: Fat covering breast muscles by several mm.  
Yellow |
| 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 |