

$$H(p) = \frac{1}{2\pi} \int_0^{2\pi} k_n(\varphi, p) d\varphi$$

where

$p \in \mathbb{R}^3$  point on the surface

$k_n \in \mathbb{R}, \mathbb{R}^3 \rightarrow \mathbb{R}$  normal curvature