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

where

$$p \in \mathbb{R}^3 \text{ point on the surface}$$
$$k_n \in \mathbb{R}, \mathbb{R}^3 \to \mathbb{R} \text{ normal curvature}$$