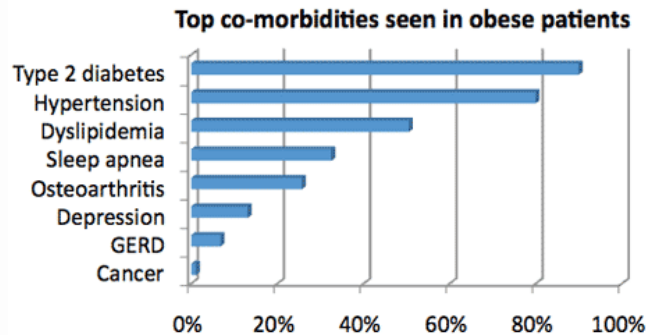


Measure Your Health



Disease Risk for Type 2 Diabetes, Hypertension and CVD Relative to Normal Weight and Waist Circumference

	Men ≤ 102 cm. (≤ 40 in.)	Men > 102 cm. (> 40 in.)
	Women ≤ 88 cm. (≤ 35 in.)	Women > 88 cm. (> 35 in.)
Underweight	-----	-----
Normal *	-----	-----
Overweight	Increased	High
Obesity Class I	High	Very High
Obesity Class II	Very High	Very High
Extreme Obesity (Class III)	Extremely High	Extremely High



- Normal waist circumference = reduction of disease risk.
- For persons with higher waist circumference, lifestyle changes to diet and exercise can reduce waist circumference and improve disease risk.
- Measuring your waist is easy and may be a better way to track your health.

*Increased waist circumference can also be a marker for increased risk even in persons of normal weight.

Adapted from "Preventing Managing the Global Epidemic of Obesity Report of the World Health Organization Consultation of Obesity", WHO, Geneva, June 1997.

Waist Circumference Measurement Guidelines—Self-Measurement

Step 1

Place yourself in the following manner:

- Stand in front of a mirror
- Ensure your abdomen is unrestricted and clear
- Feet shoulder-width apart

Step 2

- Wrap the measuring tape around your waist and insert the end of the tape into the appropriate slot.
- Locate the uppermost border of your hipbones (iliac crest) on your right-hand side.

Step 3

- Align the bottom edge of the measuring tape with the top of your hipbones.

Step 4

- With the help of a mirror, ensure that the tape is placed horizontally and wraps all around your abdomen.

Step 5

- Before taking the measurement, take 2-3 NORMAL breaths.
- At the end of the 3rd expiration, make a final adjustment by gently tightening the tape around your abdomen using the tape's central button.

Step 6

- Take the measurement at the end of a NORMAL expiration.
- Before removing the tape, pinch the end of the measuring tape with your fingers closest to your measurement and hold it in position.
- Note the result.

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