

HOW TO MEASURE WAIST CIRCUMFERENCE?

1. GET A TAPE



Use a flexible measuring tape.

2. POSITION THE TAPE



Stand straight. Wrap tape around your waist, just above above your hip bones (at the navel level).

3. READ MEASUREMENT



Breathe out normally. Read the number at the point where the tape overlaps. Record your measurement.

Waist circumference risk thresholds:

Sex Risk Level Waist: cm Waist: Inches

Women High Risk **≥ 80 cm ≥ 31.5 in**

Very High Risk **≥ 88 cm ≥ 35 in**

Men High Risk **≥ 94 cm ≥ 37 in**

Very High Risk **≥ 102 cm ≥ 40 in**

Waist size and health consequences:

If your waist circumference is greater than 94 cm / 37 in (men) or 80 cm / 31.5 in (women), this may indicate that you have excess abdominal fat. In this case, a change in lifestyle is recommended (eating better and exercising more), or medical treatment for overweight or obesity may be warranted. Note that even if your body mass index (BMI) is within the normal range (below 25 kg/m²), your cardiovascular risk is increased if your waist circumference exceeds the above values.

A waist circumference greater than 102 cm / 40 in for men and 88 cm / 35 in for women is one of the diagnostic criteria for **metabolic syndrome**. This syndrome includes several factors associated with an increased risk of **cardiovascular** disease, including high blood cholesterol, sugar, and insulin levels, high blood pressure, inflammation, etc.