

# 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/m<sup>2</sup>), 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.