KNOW YOUR NUMBERS.
KNOW YOUR HEALTH.
Waist circumference

The size of your waist can tell you a lot about your overall health. Measuring your waist helps screen for weight-related health risks. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes.

This risk grows with a waist measurement that is:[1]

- Greater than 35 inches for women.
- Greater than 40 inches for men.

Why is a healthy weight important?

Being overweight or obese increases your risk for many health problems. The more you weigh, the more likely you are to suffer from heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems and some cancers.[2]

A healthy weight has many benefits. It helps you lower your risk for developing these problems. And it keeps you feeling good about yourself. It also gives you more energy to enjoy life.

Talk to your doctor to see if you need to lose weight. Your doctor will look at your Body mass index (BMI), waist circumference and other risk factors for heart disease. The good news? Even a small weight loss (between 5%–10% of your current weight) will help lower your risk of developing those diseases.[3]

Measuring your waist correctly

❶ Get a tape measure.

❷ Start at the top of the hip bone. Bring it all the way around, keeping it level with your navel.

❸ Make sure it's not too tight. Keep it parallel to the floor.

❹ Read the tape measure. Record your waist circumference in inches.

Together, all the way.®

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1. WebMD. "Waist Measurement." March 12, 2014. http://www.webmd.com/diet/waist-measurement (accessed January 25, 2016).

2. National Heart, Lung, and Blood Institute. "Why is a Healthy Weight Important?" http://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm (accessed January 25, 2016).

3. National Heart, Lung, and Blood Institute. "Assessing Your Weight and Health Risk." https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm (accessed January 25, 2016).