



Information & Coaching Service

1 300 806 258

When you have measured your waist, use the table below to determine your health risk.

Health Risk	Waist measurements (cm)	
	Men	Women
Increased risk	94cm or more	80cm or more
Greatly increased risk	102cm or more	88cm or more

Cut-off measurements to indicate risk can differ between ethnic groups in both men and women. The figures used above are suited to measuring Caucasian men and women. Recommended waist measurement cut-off values are yet to be determined for all racial groups, though it is believed that cut-off values may be lower for Asian men and Asian women than for Caucasians, and cut-off values for other racial groups such as Pacific Islanders and African Americans are likely to be higher.

For more information go to www.measureup.gov.au

The Get Healthy Information & Coaching Service® is a NSW Health *Live Life Well* Initiative.