VITALS VAULT

FREE GUIDE

How to measure your waist, step by step

Waist size can add to what blood pressure, sugar and cholesterol numbers tell you. Take it the same way every time so the changes mean something.

HOW TO MEASURE

- [ ] Find your lowest rib and the top of your hip bone.
- [ ] Mark the midpoint between them.
- [ ] Keep the tape level with light, steady tension.
- [ ] Read the number at the end of a breath out.
- [ ] Measure the hip at its widest part for a ratio.

WAIST LINES WHERE RISK RISES

Group	Men	Women
US, mixed	over 40 in (102 cm)	over 35 in (88 cm)
European, African, Middle East	over 37 in (94 cm)	over 31.5 in (80 cm)
Chinese, Japanese, South or Central American	over 35.5 in (90 cm)	over 31.5 in (80 cm)

MY NUMBERS

Date and waist _____

Hip _____

Waist divided by hip _____

QUESTIONS TO ASK

- [ ] Which blood tests go with my waist size?
- [ ] Is my waist-to-hip ratio a concern for me?
- [ ] How often should I recheck?
- [ ] Should I check blood pressure and blood sugar?

Sources: Steps and cut-offs from a nutrition-assessment guide. A raised waist is linked to risk, not a diagnosis. Waist-to-hip lines: over 0.9 men, 0.8 women.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com