

This slide shows the standards for waist girth in **men**. For best health, waist girth should be below 35 inches in men. A waist girth of 39+ inches indicates high risk – 2.4 times more likely to have cardiovascular risks.

[Study details]

Health scientist have been looking for the best way to evaluate health risks related to excess body weight. Body mass index (BMI) has been used primarily in past years. New research indicates that waist girth (WG) is even a better indicator of cardiovascular and metabolic risks.

This study is based on 9019 subjects from the National Center for Health Statistics NHANES III data representing the entire US population. They used the BMI cut points of 25+ being overweight and 30+ being obese or high risk to determine waist girths giving similar risk for cardiovascular disease (CVD) indicators. They used 4 CVD risk indicators:

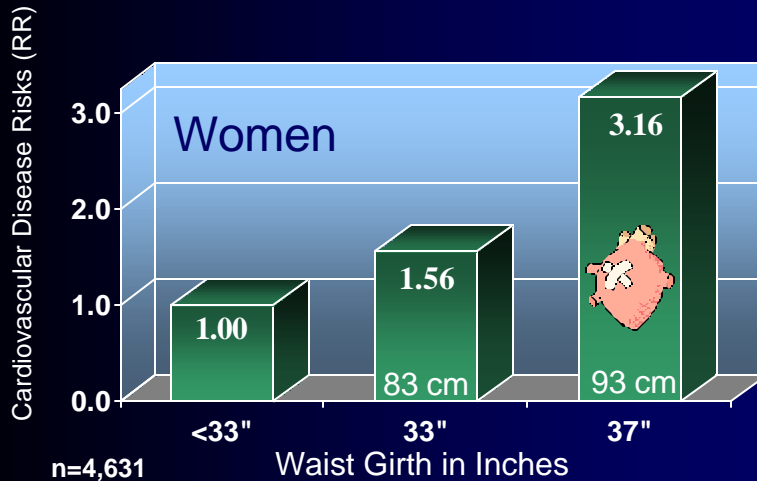
- LDL cholesterol of 160 mg/dL or higher
- HDL for men < 35 mg/dL and less than 45 mg/dL for women
- Resting blood pressure of 140/90 or higher
- Fasting (6+ hours) blood sugar level greater than 125 mg/dL

The increase in risk shown above is showing the increased probability of having one or more of these major CVD risk factors based on your waist girth.

Reference

ShanKuan Zhu, et al, Waist circumference and obesity-associated risk factors among whites in the third National Health and Nutrition Examination Survey: clinical action thresholds, American Journal of Clinical Nutrition, Oct. 2002; 76:743-9

Waist Girth and Health Risk



n=4,631

Waist Girth in Inches

American Journal of Clinical Nutrition, Oct. 2002

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This slide shows the standards for waist girth in women. For best health, waist girth should be below 33 inches in women. A waist girth of 37+ inches indicates high risk – 3.2 times more likely to have cardiovascular risks.

[Study details]

Health scientist have been looking for the best way to evaluate health risks related to excess body weight. Body mass index (BMI) has been used primarily in past years. New research indicates that waist girth (WG) is even a better indicator of cardiovascular and metabolic risks.

This study is based on 9019 subjects from the National Center for Health Statistics NHANES III data representing the entire US population. They used the BMI cut points of 25+ being overweight and 30+ being obese or high risk to determine waist girths giving similar risk for cardiovascular disease (CVD) indicators. They used 4 CVD risk indicators:

- LDL cholesterol of 160 mg/dL or higher
- HDL for men < 35 mg/dL and less than 45 mg/dL for women
- Resting blood pressure of 140/90 or higher
- Fasting (6+ hours) blood sugar level greater than 125 mg/dL

The increase in risk shown above is showing the increased probability of having one or more of these major CVD risk factors based on an increasing waist girth.

Reference

ShanKuan Zhu, et al, Waist circumference and obesity-associated risk factors among whites in the third National Health and Nutrition Examination Survey: clinical action thresholds, American Journal of Clinical Nutrition, Oct. 2002; 76:743-9