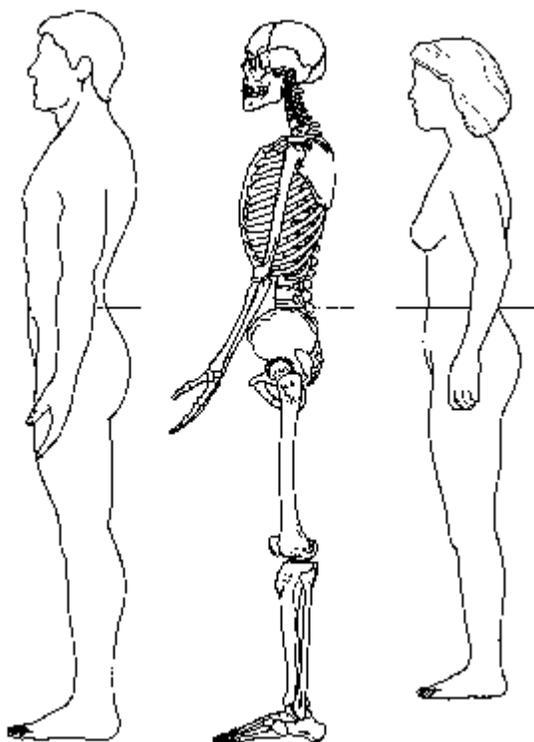


WAIST CIRCUMFERENCE MEASUREMENT AND RISK ASSESSMENT

Although waist circumference and body mass index (BMI) are interrelated, waist circumference provides an independent prediction of risk over and above that of BMI. Waist circumference measurement is particularly useful in patients who are categorized as normal or overweight on the BMI scale. At a BMI ≥ 35 kg/m², waist circumference has little added predictive power of disease risk beyond that of BMI. It is therefore not necessary to measure waist circumference in individuals with a BMI ≥ 35 kg/m².

Measuring Tape Position for Waist (Abdominal) Circumference



The waist circumference at which there is an increased relative risk is defined as follows. Waist circumference cutpoints lose their incremental predictive power in patients with a BMI ≥ 35 kg/m² because these patients will exceed the cutpoints noted below. Lower thresholds for waist circumference have been recommended for Asian populations by the World Health Organization due to recent research findings.

| HIGH RISK | |
|--------------------------|--------------------------------|
| Men: > 102 cm (> 40 in) | Asian Men: > 89 cm (> 35 in) |
| Women: > 89 cm (> 35 in) | Asian Women: > 79 cm (> 31 in) |

Source: www.nhlbi.nih.gov