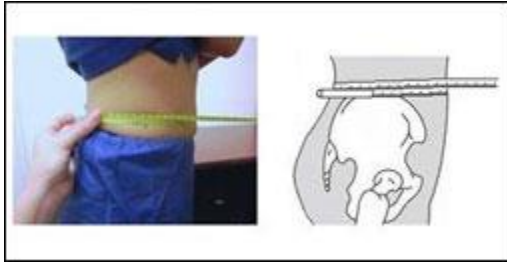# Waist Circumference

How To Measure Your Waist Circumference[2]

To correctly measure waist circumference:

- Stand and place a tape measure around your middle, just above your hipbones
- Make sure tape is horizontal around the waist near the navel
- Keep the tape snug around the waist, but not compressing the skin
- Measure your waist just after you breathe out

Another way to estimate your potential disease risk is to measure your waist circumference. Excessive abdominal fat may be serious because it places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood pressure, and coronary artery disease. Your waistline may be telling you that you have a higher risk of developing obesity-related conditions if you are[1]:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Waist circumference can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. A trained healthcare provider should perform appropriate health assessments in

Centers for Disease Control & Prevention. (2015). Waist Circumference. Retrieved from https://www.cdc.gov/healthyweight/assessing/