Normal waist circumference = reduction of disease risk.
- For persons with higher waist circumference, lifestyle changes to diet and exercise can reduce waist circumference and improve disease risk.
- Measuring your waist is easy and may be a better way to track your health.

### Disease Risk for Type 2 Diabetes, Hypertension and CVD Relative to Normal Weight and Waist Circumference

<table>
<thead>
<tr>
<th></th>
<th>Men ≥102 cm. (≥40 in.)</th>
<th>Men &gt;102 cm. (&gt;40 in.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>Increased</td>
<td>High</td>
</tr>
<tr>
<td>Obesity Class I</td>
<td>High</td>
<td>Very High</td>
</tr>
<tr>
<td>Obesity Class II</td>
<td>Very High</td>
<td>Very High</td>
</tr>
<tr>
<td>Extreme Obesity (Class III)</td>
<td>Extremely High</td>
<td>Extremely High</td>
</tr>
</tbody>
</table>

*Increased waist circumference can also be a marker for increased risk even in persons of normal weight.


### Waist Circumference Measurement Guidelines—Self-Measurement

#### Step 1
Place yourself in the following manner:
- Stand in front of a mirror
- Ensure your abdomen is unrestricted and clear
- Feet shoulder-width apart

#### Step 2
- Wrap the measuring tape around your waist and insert the end of the tape into the appropriate slot.
- Locate the uppermost border of your hipbones (iliac crest) on your right-hand side.
- Align the bottom edge of the measuring tape with the top of your hipbones.

#### Step 3
With the help of a mirror, ensure that the tape is placed horizontally and wraps all around your abdomen.

#### Step 4
- Before taking the measurement, take 2-3 NORMAl breaths.

#### Step 5
- At the end of the 3rd expiration, make a final adjustment by gently tightening the tape around your abdomen using the tape’s central button.

#### Step 6
- Take the measurement at the end of a NORMAl expiration.
- Before removing the tape, pinch the end of the measuring tape with your fingers closest to your measurement and hold it in position.
- Note the result.