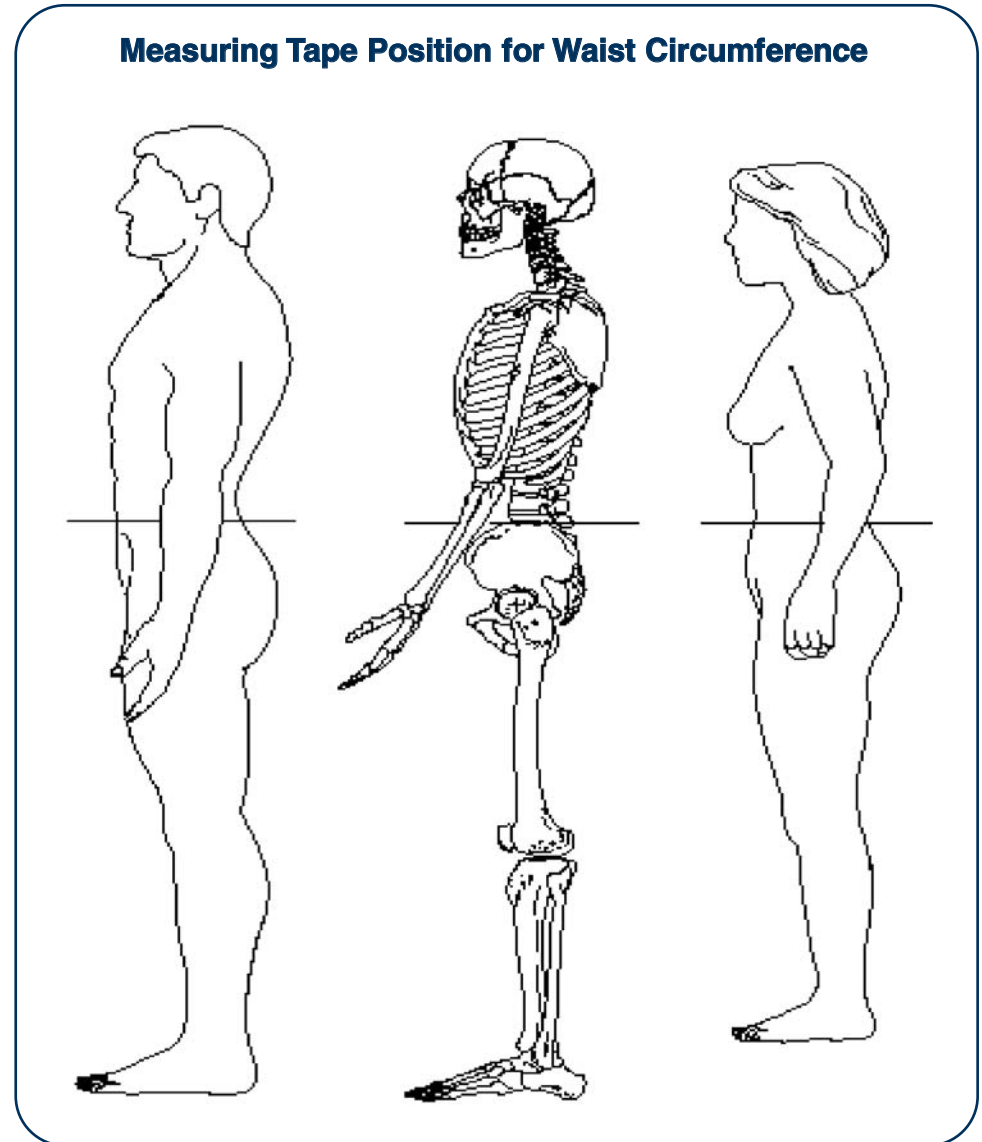


# WAIST CIRCUMFERENCE MEASUREMENT PROTOCOL

1. Ask patient to relax and stand with his/her arms at side, in a straight and upright position, with feet together.
2. Expose the waist with undergarments pulled below waist level.
3. Locate the hip bone (ilium) and the iliac crest.
4. Place a measuring tape in a horizontal plane around the abdomen at the level of the iliac crest.
5. Prior to reading the tape measure, be sure the tape is snug, but not compressing the skin.
6. Have the patient inhale and exhale. Take the measurement at the end of normal expiration.



Men with a waist circumference >40 inches, and women with a waist circumference >35 inches, are at higher risk of diabetes, dyslipidemia, hypertension and cardiovascular disease.

For people of Chinese, Japanese, or South Asian descent, and for ethnic South and Central Americans, the cutpoints are 35.4 inches and 31.5 inches for males and females, respectively.<sup>2</sup>

An increased waist circumference can denote increased disease risk even in persons of normal weight.

Adapted from *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*.  
NIH Publication No.00-4084. October 2000.

2. International Diabetes Federation. The IDF consensus worldwide definition of the metabolic syndrome. Available at [http://www.idf.org/webdata/docs/Metabolic\\_syndrome\\_definition.pdf](http://www.idf.org/webdata/docs/Metabolic_syndrome_definition.pdf).