

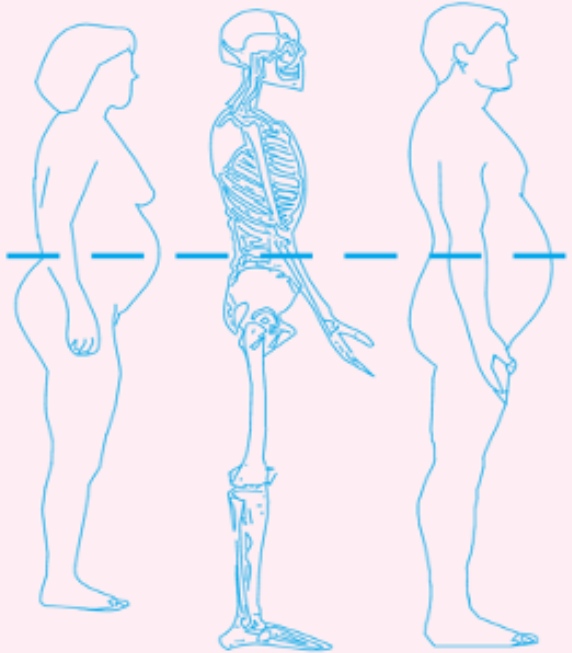


CLINICIAN POCKETGUIDE: MEASURING WAIST CIRCUMFERENCE

- Locate upper hip bone and top of right iliac crest
- Place measuring tape in horizontal plane around abdomen at iliac crest
- Ensure tape is snug, but does not compress the skin
- Tape should be parallel to the floor
- Record measurement at the end of a normal expiration

Women > 35 inches
increased risk*

Men > 40 inches
increased risk*



**Measuring-Tape Position for Waist
(Abdominal) Circumference in Adults**

*Ethnic/age-related differences affect predictive validity of WC as surrogate for abdominal fat

