# How to take Measurements for
Waist-to-Hip Ratio

This is important because your waist and hip circumferences are important measurements to help determine if you have an increased amount of fat around your belly and whether you're at an increased health risk.

Best way to measure your waist circumference:

- Use a tape measure that has centimeter markings, and place it around your bare stomach at the most-narrow circumference, usually at your belly button or above.
- Look in the mirror to see if the tape measure is parallel to the floor. If you slant the tape, you will get a false reading. The tape measure should be snug to your body, but don't compress the skin. Don't hold your stomach in. You want to breath out and relax your stomach.
- Write down your waist circumference in centimeters. Use *centimeters* because they are easier to read and make it easier to calculate the ratio.

Best way to measure your hip circumference:

- Look in the mirror to determine the widest part of your bare hips.
- Place the tape measure around the widest part of your bare hips. Make sure the tape measure is parallel to the floor to prevent a false reading. Write down the circumference in centimeters.
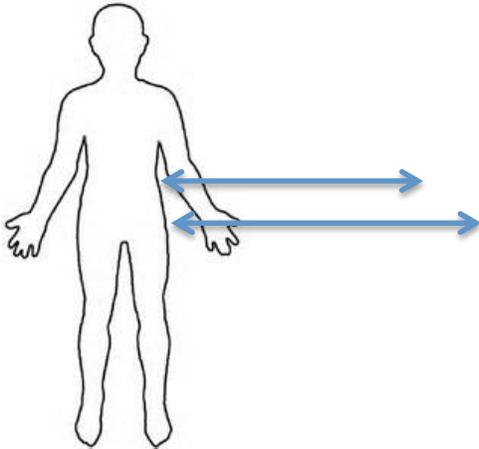
Best way to calculate your Waist-to-Hip Ratio:

This ratio compares the size of your waist to the size of your hips. The smaller your waist is in comparison to your hips, the lower your risk for heart disease. Even if you're overweight, this ratio is an important measurement.

Calculation:

- Divide your waist circumference in centimeters by your hip circumference in centimeters to determine the Ratio.
- The following table will help you determine your potential health risk.

Waist-to-Hip Ratio and Health Risk

Male Waist-to-Hip Ratio	Female Waist-to-Hip Ratio	Health Risk
0.95 or below	0.80 or below	Low risk
0.96–1.0	0.81–0.85	Moderate risk
1.0+	0.85+	High risk