



Measure your waist. Learn your risk.

Knowing your waist size can give you important information about your health risks. A high waist circumference is associated with a higher risk for type 2 diabetes, heart disease, high blood pressure, and high cholesterol.

A high-risk waist circumference is:

- A man with waist measurement over 40 inches (102 cm).
- A woman with waist measurement over 35 inches (88 cm).

To measure your waist circumference:

- use a tape measure
- bring it all the way around; level with your navel
- make sure it's not too tight and that it is parallel with the floor
- don't hold your breath while measuring

Please note: the Health Plus tape measures begin at 2" to account for the space where the tape fits together

Call Health Plus at 343-8943
to receive a complimentary
tape measure.



Read tips and access resources for maintaining a healthy weight at:
www.healthplus.vanderbilt.edu