

Waist size is best indication of health

Measuring the ratio between waist and hip sizes may be more effective than the traditional body mass index (BMI) as an indicator for the risk of heart disease. According to a global study published in *The Lancet*, three times as many people may be at risk as previously thought

BMI Weight (kg) Height (metres)

BMI = weight height²

Normal 18.5-24.9

Overweight 25-29.9

Obese 30+

Does not measure proportion of muscle or location of fat deposits

Muscle is heavier than fat

WAIST-TO-HIP RATIO

Waist hips

Fat on abdomen produces hormones which can cause diabetes, high blood pressure, and raise blood lipid levels

Average ratios (lower is better)

S. America		0.94
Middle East		0.93
Africa		0.92
N. America	0.90	Optimum men 0.9
S.E. Asia	0.89	
China	0.88	Optimum women 0.85

