

## Weight and Waistlines

What is the importance of knowing your waist circumference? Waistline measurements are one way you can determine if you are at a healthy weight. People carry fat in different areas of their bodies. If you tend to carry more weight around the middle of your body, this is more of a health risk than if you carried the weight on your hips and thighs.



Fat concentrations in the waist area can indicate of the amount of visceral fat in your body; visceral fat is also known as dangerous internal fat that surrounds your organs. Measuring visceral fat is a good indicator in determining your risk of cardiovascular disease, metabolic syndrome, or Type 2 diabetes.

Women whose waist measures more than 35 inches and men whose waist measures more than 40 inches typically have a higher level of visceral fat and are therefore at a higher risk of developing health problems. These measurements apply to adults and non-pregnant women. There are [guidelines](#) available to determine healthy measurements for teens and children.

Preventing weight gain and losing weight when needed, which can be accomplished by implementing healthy eating habits and daily physical exercise, can decrease your chances of developing certain health conditions. Refer to the chart below for more information on this topic.

Ideal Waist Circumference	Dangers of Too Much Visceral Fat	Ways to Maintain Healthy Weight and Waistline
Adult Male - < 40 inches	Can increase risk of cardiovascular disease	Prioritizing healthy eating habits
Adult Female - < 35 inches	May lead to metabolic syndrome	Daily physical exercise
Measurements apply to adults and non-pregnant women. Visit this link for more resources on calculating your BMI and waist measurements.	Can increase risk of developing Type 2 Diabetes	If you're currently overweight, set an initial goal to lose 5% of your body weight. A 5% loss is often enough to reverse prediabetes. <a href="#">Read more here.</a>