



How to Measure Your Waist | Diabetes UK

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Hi, I'm Rohit, and I'm going to show you how to easily and accurately measure your waist. Whether you think you are at risk or you're living with diabetes, knowing your waist size is important. Your waist measurement isn't your jean size. You will need to be more accurate than that. It only takes a minute, and all you need is a tape measure.

Step 1

Stand up, find the top of your hip bone and the bottom of your rib cage. This is the area where you're going to measure. Find the midway point between the two. Some people find that the belly button is a good guide but be aware this is not always accurate.

Step 2

Next, breathe in, breathe out, and relax. Accuracy is important, so make sure you don't hold your stomach in.

Step 3

Once you have found the midway point, hold one end of the tape measure against your body, wrap it around until the two points meet. Make sure that the tape is straight and taut, but not tight. Let it sit snugly around your waist. All that is left now is to make a note of your measurement. You can always get someone to help if you like. They can hold the tape measure and record your result.

Final Step

So, now you have a number, what does this mean? This depends on your gender and ethnicity. Women should be no more than 80cm or 31.5 inches. Most men should be no more than 94cm or 37 inches. While men from South East Asia should be no more than 90cm or 35 inches. Diabetes UK has plenty of information to help you reduce your waist measurement.

Unfortunately, there are no quick fixes when it comes to reducing your waist size. It comes down to healthy eating and moving more. Start by setting realistic and achievable goals to suit your lifestyle. Diabetes UK are always there to help.

So, to recap. Stand up, take your tape, wrap it around, write it down and take action.

