

## Waist-Hip Ratio Chart for Men

		0.80	0.82	0.85	0.87	0.90	0.92	0.95	0.97	1.00	1.02	1.05	1.07	1.10	1.12	1.15	WHR
HIPS	35	28.0	28.5	30.0	30.5	31.5	32.0	33.0	34.0	35.0	36.0	37.0	37.5	38.5	39.5	40.5	
	36	29.0	29.5	30.5	31.5	32.5	33.0	34.0	35.0	36.0	37.0	38.0	39.0	39.5	40.5	41.5	
	37	29.5	30.5	31.5	32.5	33.5	34.0	35.0	36.0	37.0	38.0	39.0	40.0	40.5	41.5	42.5	
	38	30.5	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	43.5	
	39	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0	
	40	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0	46.0	
	41	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0	46.0	47.0	
	42	33.5	34.5	35.5	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0	46.0	47.0	48.0	
	43	34.5	35.5	36.5	37.5	38.5	39.5	41.0	42.0	43.0	44.0	45.0	46.0	47.0	48.0	49.0	
	44	35.0	36.0	37.5	38.5	39.5	40.5	42.0	43.0	44.0	45.0	46.0	47.0	48.5	49.5	50.5	
	45	36.0	37.0	38.5	39.5	40.5	41.5	43.0	44.0	45.0	46.0	47.5	48.5	49.5	50.5	52.0	
	46	37.0	38.0	39.0	40.5	41.5	42.5	43.5	45.0	46.0	47.0	48.5	49.5	50.5	51.5	53.0	
	47	37.5	39.0	40.0	41.0	42.5	43.5	44.5	46.0	47.0	48.0	49.5	51.0	52.0	53.0	54.0	
	48	38.5	39.5	41.0	42.0	43.0	44.5	45.5	47.0	48.0	49.5	50.5	52.0	53.0	54.0	55.0	
		WAIST															

Low Health Risk

Moderate Risk

High Health Risk