

Sizing up your lifestyle

Don't know if you're overweight? - try measuring your waist

- Each kilo of waist fat adds an extra 1cm (½ in) to your waist
- **5cm to 10cm loss from your waist can**
 - lower blood pressure
 - lower blood fats
 - help insulin work better to lower blood glucose
 - may prevent diabetes
- **Could you ...**
 - drink less alcohol or soft drink?
 - eat less fatty food?
 - avoid unplanned snacking?
 - eat more vegetables and fruit?
 - walk more often or more briskly?

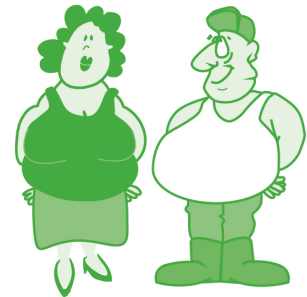
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References:

NH & MRC. Clinical Practice Guidelines for Management of Overweight & Obesity in Adults. Endorsed 18th September 2003.

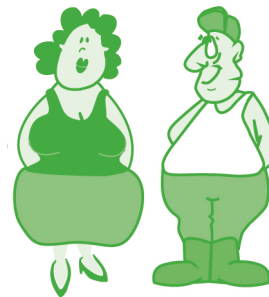
Men & post-menopausal women are likely to store fat around the waist (Apple Shape).



Apple (Android)

Excess waist fat is a health risk.

Having excess **waist** fat is mainly due to lifestyle. (A beer gut is fat, not muscle!!)



Pear (Gynoid)

Excess fat on the hips (pear shaped) is less of a health risk.

advice encouragement care

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What is the risk from being *overweight?*

When are you at *risk?*

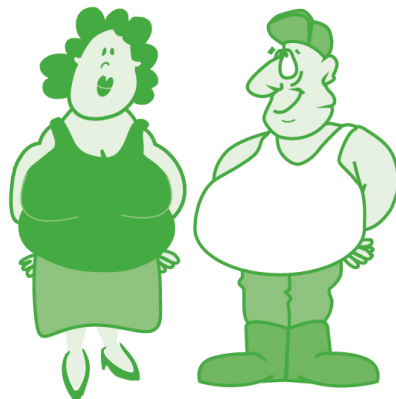
Too much waist fat can lead to **Syndrome X**

Syndrome X is when you have

- too much waist fat
- high blood pressure
- high blood fats
- pre-diabetes

Syndrome X & pre-diabetes can lead to

- Diabetes
- Heart Disease
- Stroke



Highest Health Risk

- Men's waist over 102cm (40 in)
- Women's waist over 88cm (35 in)

Lowest Health Risk

- Men's waist under 94cm (37 in)
- Women's waist under 80cm (31-32 in)

Sizing-Up

Measure around the navel

OR

midway between lowest rib and hip bone
(**not** where your trousers sit!)