

Waist To Height Ratio

Waist To Height Ratio (WHtR) is quickly becoming the medical community's favored method to evaluate a person's health.

A large study with 300,000 participants just concluded in May, 2012, by Dr. Margaret Ashwell, former Science Director at the British Nutrition Foundation.

The findings demonstrated that Waist To Height Ratio was far better than BMI at predicting heart attacks, strokes, diabetes and hypertension.

One of the largest issues with BMI is that it fails to account for fat distribution.

Even though two people could weigh the same and be the same height, the person with the large belly is at serious risk of numerous health issues.

The problem with abdominal fat is that it most of it tends to surround the vital organs – a term called 'visceral fat' – and is extremely unhealthy.

That is why the Waist To Height Ratio is so important for dieters. Weighing less is an important goal, but cutting the waistline to fall within guidelines is by far the most important health concern.

Calculate Your Waist To Height Ratio

To begin you need to measure your waist approximately one inch or one centimeter above your navel.

If you wear your clothes lower than that, then measure in that location and choose the larger of the two measurements, and input your waist and height measurements below:

Waist To Height Ratio

Waist Size (inches or centimeters)	
Height (inches or centimeters)	
Your Waist to Height Ratio	%

Females:

- Under 35% – Abnormally Slim To Underweight
- 35% – 42% – Extremely Slim
- 42% – 49% – Healthy
- 49% – 54% – Overweight
- 54% – 58% – Seriously Overweight
- Over 58% – Extremely Obese

Males:

- Under 35% – Abnormally Slim To Underweight
- 35% – 43% – Extremely Slim
- 43% – 53% – Healthy
- 53% – 58% – Overweight
- 58% – 63% – Seriously Overweight
- Over 63% – Extremely Obese

Please make sure that you not only look at where you are right now, but keep changing the waistline measurement in the calculator until you reach the level that is considered healthy for your height.

From a dieting perspective, everyone tends to look at their weight. However, you are now armed with the latest in medical research, and your focus now needs to be on your waistline!

Interesting Facts About Waist To Height Ratio (WHtR)

According to the medical study mentioned earlier:

- The goal should be to maintain your waistline to be no more than half of your height
- WHtR is now being used by the medical community to assess cardiovascular risk
- Abdominal fat greatly affects the functioning of the heart, liver and kidneys
- As noted earlier, high levels of abdominal fat is a strong predictor of heart attacks, strokes, diabetes and hypertension

Pros And Cons Of Waist To Height Ratio

Pros

Waist To Height Ratio is superior to BMI since it focuses on fat distribution in the body.

WHtR focuses on the main culprit – abdominal/visceral fat – and this emphasis will greatly help dieters zero in on what is important.

Cons It is fairly uncommon, but it is possible to have a relatively flat stomach yet have large amounts of fat elsewhere in the body. Such an individual may be falsely led to believe that they are in fine health in this scenario.

Bottom Line Waist To Height Ratio (WHtR) is of paramount importance to dieters working toward a healthy body. It focuses on fat distribution which is of far greater consequence than overall weight – which is the focus of BMI. We expect the medical community will begin to phase out BMI in favor of this metric given the strong predictive nature of WHtR with major health issues such as heart attacks, strokes, diabetes and hypertension.

We would encourage all dieters to use WHtR as the ultimate benchmark in judging the success of their effort.