

**Table 4-3 New Criteria for Waist Circumference in Adults\***

Risk Category	Waist Circumference cm (in)	
	Female	Males
Very low	<70 cm (28.5in)	<80cm (31.5in in)
Low	70-89 (28.5-35.0)	80-99 (31.5-39.0)
High	90-109 (35.5-43.0)	100-120 (39.5-47.0)
Very High	> 110 (>43.5)	>120.47.2

\*See reference 19: From Bray GA. Don't throw the baby out with the bath water. Am J Clin Nutr 2004;70(3) :347-349 Adapted with permission by the kournal of Clinical Nutrition. © Am J Clin Nutr American Society of Clinical Nutrition