HOW TO MEASURE THE WAIST CIRCUMFERENCE

Procedure:

- The waist circumference is measured at the top of the hip bone.

- The tape should run horizontally all the way around the waist. It should snug the body but not compressing the skin.

- The person should stand with arms at the sides, feet positioned close together, and weight evenly distributed across the feet.

- The individual relax and take a few deep, natural breaths. The measurement is taken at the end of a normal expiration.