**Step 1**
Ask the patient to place himself in the following manner:
- Clear the abdominal region
- Feet shoulder-width apart
- Arms crossed over the chest

![Diagram of body measurements](image)

**Man**
![Diagram of a man](image)

**Woman**
![Diagram of a woman](image)

**Step 2**
It is suggested to kneel down to the right of the patient in order to measure waist girth.
- Palpate the patient’s hips to locate the top of the iliac crest.
- Draw a horizontal line halfway between the patient’s back and abdomen.

![Diagram of iliac crest](image)

**Iliac crest**

**Step 3**
- Place the measuring tape horizontally around the patient’s abdomen.
- To work comfortably, it is suggested to wrap the tape around the patient’s legs and then move it up.

![Diagram of measuring tape](image)

**Step 4**
- Align the bottom edge of the tape with your marked point.

![Diagram of aligning the tape](image)

**Step 5**
It is recommended to use a measuring tape with a spring handle, such as the Gulick measuring tape, in order to control the pressure exerted on the patient’s abdomen.
- Gently tighten the tape around the patient’s abdomen without depressing the skin.
- When using a measuring tape with a spring handle, pull the end of the tensioning mechanism until the calibration point is just visible.

![Diagram of calibration point](image)

**Calibration point**

**Step 6**
It is suggested to request the patient to relax and breathe normally (abdominal muscles should not be contracted).
- Ask the patient to take 2 or 3 normal breaths.
- Measure from the zero line of the tape (to the nearest millimetre) at the end of a normal expiration.

![Diagram of measuring waist](image)

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