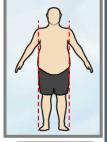
Waist Circumference Measurement Guidelines - Healthcare Professional

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



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.



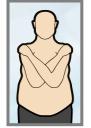
- Place the measuring tape horizontally around the patient's abdomen.
- * To work comfortably, it is suggested to wrap the tape around the patient's legs and then move it up.



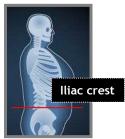
Man



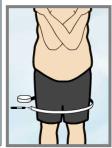
Woman













Step 4

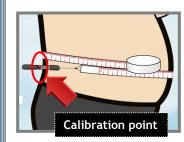
Align the bottom edge of the tape with your marked point.



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.

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.





