

Relationship between waist circumference and risk of disease

	Moderate risk	High risk	Very high risk
Caucasian male	> 94 cm or 37 inches	> 102 cm or 40 inches	> 120 cm or 47 inches
Caucasian female	> 80 cm or 31½ inches	> 89 cm or 35 inches	> 110 cm or 43 inches
Asian male (Japanese, Chinese and South Asian)	> 90 cm or 35½ inches	No consensus available at time of publication.	
Asian female	same as Caucasian females		

