

The Australian type 2 diabetes risk assessment tool (AUSDRISK) is a short list of questions to help people find out their risk of developing type 2 diabetes over the next five years (lifeprogram.org.au/#health-check).

Your waist measurement is one part of estimating your risk.

To measure your waist, measure directly against your skin.

1. Find the top of your hip bone and the bottom of your ribs.
2. Breathe out normally.
3. Place the tape measure midway between these points and wrap it around your waist.
4. Check your measurement.

If you don't have a tape measure, you can still estimate your risk points using the size of your clothing as a guide. However, we recommend using a tape measure as the most accurate method or speaking to a health professional for assistance.

Please remember that this is a guide only:

The waist measurements on this chart are only relevant to the AUSDRISK test (which takes into account other factors to calculate type 2 diabetes risk) and may underestimate your risk of other health conditions.

	Clothing size	Waist cm measured	Risk	AUSDRISK points
Women of Asian or Aboriginal or Torres Strait Islander descent	12 and below	< 80	Low	0
	14–16	80–90	Medium	4
	18+	90+	High	7
Women	16 and below	< 88	Low	0
	18–20	88–100	Medium	4
	22+	100+	High	7
	Clothing size pant size does not equal measured inches or cm	Waist cm measured	Risk	AUSDRISK points
Men of Asian or Aboriginal or Torres Strait Islander descent	< 32 or Small and below	< 90	Low	0
	34 or Medium	90–100	Medium	4
	36+ or Large and above	100+	High	7
Men	< 34 or Medium and below	< 102	Low	0
	36 or Large	102–110	Medium	4
	38+ or Extra large and above	110+	High	7