

Measure your waist

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 |
| | | | | |
| | <34 or Medium and below | <102 | Low | 0 |

110+

For more information please call 13 RISK (13 7475) or visit lifeprogram.org.au Wurundjeri Woi-wurrung Country Phone: 03 8648 1880 Email: life@diabetesvic.org.au

38+ or Extra large and above



7

High

