

Waist-to-Hip Ratio Chart

Patient Information

Name:

Date of Birth:

Age:

Gender:

Health Information

Blood Pressure (mmHg):

Fasting Blood Sugar (mg/dL):

Weight (lbs):

Height (ft):

Waist Circumference (inches):

Hip Circumference (inches):

Cholesterol Levels (mg/dL):

Instructions for Using the Waist-to-Hip Ratio Template:

1. Use a flexible measuring tape to measure the waist circumference at the narrowest point between the lower rib and the top of the hip bone.
2. Measure the hip circumference at the widest part of the buttocks.
3. Record the measurements in inches.
4. Input the recorded values into the provided fields in the template.
5. The Waist-to-Hip Ratio will be automatically calculated.
6. Refer to the interpretation guidelines to understand the risk associated with the calculated ratio.
7. Consult with your healthcare provider for further guidance based on your Waist-to-Hip Ratio.

Waist-to-Hip Ratio Calculation:

WHR= waist circumference/hip circumference

WHR=

Interpretation:

Waist-to-hip Ratio for Men and Women		
Health Risk Level	Women	Men
Low	0.80 or lower	0.95 or lower
Moderate	0.81-0.85	0.96-1.0
High	0.86 or higher	1.0 or higher

Reference: Watson, S., & Nall, R. (2023, February 2). Waist-to-Hip ratio: Chart, ways to calculate, and more. Healthline. <https://www.healthline.com/health/waist-to-hip-ratio>

Doctor's Signature:

Doctor's Name:

Date: