

# Measuring Body Fat

## Body Type

Your body shape is generally known as an apple or pear. This indicates where the fat settles on your body.

- With apple-shaped bodies, the fat settles around the abdomen. No matter how much you weigh with this body shape, you have an increased risk for heart disease.

Fat around your abdomen is more likely to break down and enter your bloodstream, which may clog your arteries.

People who have the apple shape are also at increased risk for diabetes, stroke and high blood pressure.

- With pear-shaped bodies, the fat settles around the buttocks, hips and thighs. This does not increase risk for disease, but carrying around any excess weight may place extra strain on your cardiovascular system.

## Waist Circumference

The size of your waist may tell if you are at risk for heart disease and other problems.

Your risk increases with the amount of abdominal fat you have. To measure your waist, put a measuring tape snugly around your waist at the narrowest part, usually just above the belly button. Breathe out and measure.

Your risk increases if your waist measures:

- more than 40 inches (men)
- more than 35 inches (women).

## Waist-to-hip Ratio

The size of your hips divided by the size of your waist may tell if you are at risk for heart disease and other problems.

- To measure your waist, put a measuring tape snugly around your waist at the narrowest part, usually just above the belly button. Breathe out and measure.
- To measure your hips, put a measuring tape snugly around the widest part of your buttocks.

Your risk increases if your waist-to-hip ratio measures:

- more than 0.95 (men)
- more than 0.80 (women).

Use the chart on the other side to find your waist-to-hip ratio.

	Waist (inches)															
Hip (inches)	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50
26	.77	.85	.92	1.00	1.08	1.15	1.23	1.31	1.38	1.46	1.54	1.62	1.69	1.77	1.85	1.92
28	.71	.79	.86	.93	1.00	1.07	1.14	1.21	1.29	1.36	1.43	1.50	1.57	1.64	1.71	1.79
30	.67	.73	.80	.87	.93	1.00	1.07	1.13	1.20	1.27	1.33	1.40	1.47	1.53	1.60	1.67
32	.63	.69	.75	.81	.88	.94	1.00	1.06	1.13	1.19	1.25	1.31	1.38	1.44	1.50	1.56
34	.59	.65	.71	.76	.82	.88	.94	1.00	1.06	1.12	1.18	1.24	1.29	1.35	1.41	1.47
36	.56	.61	.67	.72	.78	.83	.89	.94	1.00	1.06	1.11	1.17	1.22	1.28	1.33	1.39
38	.53	.58	.63	.68	.74	.79	.84	.89	.95	1.00	1.05	1.11	1.16	1.21	1.26	1.32
40	.50	.55	.60	.65	.70	.75	.80	.85	.90	.95	1.00	1.05	1.10	1.15	1.20	1.25
42	.48	.52	.57	.62	.67	.71	.76	.81	.86	.90	.95	1.00	1.05	1.10	1.14	1.19
44	.45	.50	.55	.59	.64	.68	.73	.77	.82	.86	.91	.95	1.00	1.05	1.09	1.14
46	.43	.48	.52	.57	.61	.65	.70	.74	.78	.83	.87	.91	.96	1.00	1.04	1.09
48	.42	.46	.50	.54	.58	.63	.67	.71	.75	.79	.83	.88	.92	.96	1.00	1.04
50	.40	.44	.48	.52	.56	.60	.64	.68	.72	.76	.80	.84	.88	.92	.96	1.00
52	.38	.42	.46	.50	.54	.58	.62	.65	.69	.73	.77	.81	.85	.88	.92	.96
54	.37	.41	.44	.48	.52	.56	.59	.63	.67	.70	.74	.78	.81	.85	.89	.93
56	.36	.39	.43	.46	.50	.54	.57	.61	.64	.68	.71	.75	.79	.82	.86	.89
58	.34	.38	.41	.45	.48	.52	.55	.59	.62	.66	.69	.72	.76	.79	.83	.86
60	.33	.37	.40	.43	.47	.50	.53	.57	.60	.63	.67	.70	.73	.77	.80	.83
62	.32	.35	.39	.42	.45	.48	.52	.55	.58	.61	.65	.68	.71	.74	.77	.81
64	.31	.34	.38	.41	.44	.47	.50	.53	.56	.59	.63	.66	.69	.72	.75	.78
66	.30	.33	.36	.39	.42	.45	.48	.52	.55	.58	.61	.64	.67	.70	.73	.76
68	.29	.30	.35	.38	.41	.44	.47	.50	.53	.56	.59	.62	.65	.68	.71	.74

Source: National Institutes of Health.

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