

# Why Waist Management

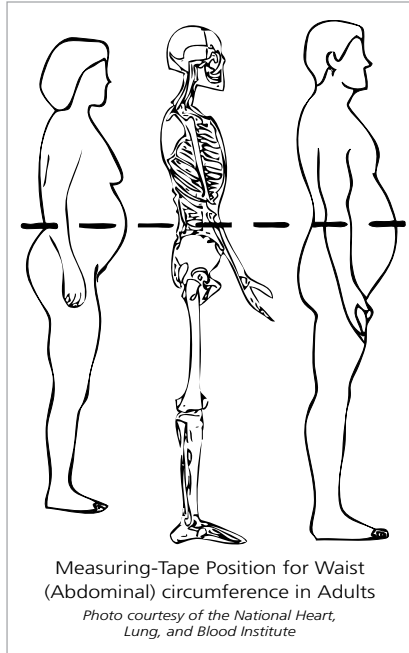
## Expertise in Matters of the Heart

No, not waste management- waist management, and we are talking about your physical health, not environmental health. Some of you may have heard about the connection between your waist size and certain health conditions like heart disease or type 2 diabetes, but maybe you don't know if this is just hear-say or the medical truth. Well read on my friends and learn the facts!

Numerous recent studies have concluded that your waist circumference is possibly more closely related to your overall health than your weight. This is especially true if you have family history for certain diseases such as heart disease or diabetes. Why is waist circumference more important than overall weight? Well your waist circumference is a simple method to estimate how much of your body fat is in your abdomen.

Abdominal body fat, especially the fat located beneath the muscle layer in the organ called the omentum, is strategically close to all of your major organs (liver, intestines, diaphragm, lungs, kidneys and heart) and can lead to insulin resistance, increased total and LDL (bad) cholesterol, increased blood pressure, increased inflammation, increased risk of sleep apnea and other risk factors associated with coronary heart disease, cancer and type 2 diabetes.

The body fat on your arms, hips, or thighs does not have this much of an



effect on your health, which is why your waist circumference may be a more important number to focus on than your weight. The effect of the omentum isn't just limited to adults; children and grandchildren are also prone to the above complications if they have an increased waist size. For more information about values associated with children and adolescents, please speak with one of our dietitians.

**How do you know if you are under the sway of your omentum?** Well get out your tape measure and do the following:

1. Stand in a relaxed position as straight as you can – don't suck in!
2. With your shirt raised and pants slightly lowered to expose your waist

at the point of your belly button, measure your waist circumference, keeping the tape parallel to the floor, around your belly button. The tape should be snug but not push into the skin.

3. Repeat this 3 times to be sure you have a correct measurement and ask for assistance to be sure you aren't including your pants or shirt in the measurement.
4. Now compare your waist measurement to the table on the next page to see where you fall.

The waist circumference table below also uses your body mass index (BMI) as a co-measurement, as people at different BMI levels are allotted different cut-offs of waist circumference to indicate health risk. To determine your BMI, measure your height in inches and your weight in pounds and do the calculation below (this only works with adults):

$$BMI = \left( \frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

For example, a woman over 18 who weighs 170 pounds and is 5 feet 4 inches tall has a BMI of 29.2 and should aim for a waist circumference of 35 inches or less.

$$\left( \frac{170 \text{ pounds}}{(64 \text{ inches}) \times (64 \text{ inches})} \right) \times 703 = 29.2$$

