

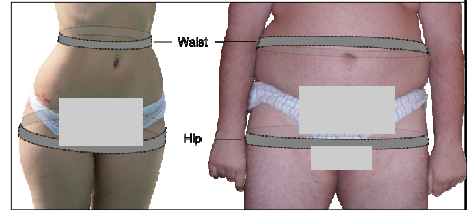


# Back To Life Chiropractic

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## NUTRITIONAL TEST - Hip/Waist Ratio WHR

The waist circumference is measured at a level midway between the lowest rib and the iliac crest and the hip circumference at the level of the great trochanter, with the legs together. The waist-hip ratio equals the waist circumference divided by the hip circumference or measured simply at the smallest circumference of the natural waist, usually just above the belly button, and the hip circumference may likewise be measured at its widest part of the buttocks or hip.



Waist Measurement: \_\_\_\_\_ divided by Hip Measurement: \_\_\_\_\_

WM \_\_\_\_\_ / HP \_\_\_\_\_ = WHR

The Centers for Disease Control and Prevention (CDC) states that **women with a ratio of .80 or less is considered safe.** And that **men with a ratio of .90 or less is considered safe.** [\[5\]](#)

### Waist to Hip Ratio Chart

Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

If your WHR is High Risk score yourself a 1. If your WHR is Moderate Risk score yourself a 2. If your WHR is Low Risk score yourself a 3.

High Risk WHR 
Moderate Risk WHR 
Low Risk WHR

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
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RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_ YEAR

BM TEST	SCORE	
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DATE \_\_\_\_\_ NAME \_\_\_\_\_