

# Baritz Wellness Center, P.C.

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## Waist-Hip Ratio

12/20/10, 12/22/10

The waist-hip ratio (WHR) is a comparison of the circumference of the waist to the circumference of the hips. The waist measurement includes belly fat and the hip measurement includes hip fat as well as the large muscle mass of the buttocks.

### Health

It has been found that those with more fat around the middle are at higher risk for heart disease, hypertension, insulin resistance, diabetes type II, and metabolic syndrome. A WHR of 0.7 for women and 0.9 for men have been shown to correlate strongly with good general health and fertility. The CDC considers a WHR greater than 1.0 a risk factor for heart disease and other problems associated with obesity. A waist measurement of over 35 inches in women and 40 in men also describes an increased risk. WHR is not considered an accurate measure of health for children under age 12.

### Attractiveness

Numerous studies have found that the waist-hip ratio is a significant measure of attractiveness. Women with a WHR of 0.7 and men with a WHR of 0.9 are usually rated as more attractive by the opposite sex. Unlike some other factors of physical attractiveness WHR may be improved naturally. Even modest improvements in WHR can have a positive impact on attractiveness and help one look and feel more youthful.

### Intelligence

Studies suggest a moderate correlation between WHR and intelligence of offspring. Children whose mothers had wide hips and low WHR scored highest on cognition test, suggesting that fetuses benefit from hip fat rich in polyunsaturated fatty acids essential for fetal brain development.

### Methodology

1. Measure the waist at the thinnest point around the middle usually at the umbilicus. If the waist budes measure at the level 1 inch above the umbilicus.
2. Hips are measured at the largest area around the hips usually at the widest part of the buttocks.
3. Divide waist measurement by hip measurement to determine the ratio. Example waist 29", hips 41";  $29/41 = 0.7$

### Interpretation

<u>Male</u>	<u>Female</u>	<u>Health Risk based on WHR</u>
≤ 0.95	≤ 0.80	Low risk
0.96 - 1.0	0.81 – 0.85	Moderate risk
> 1.0	> 8.5	High risk

### Improving WHR

Corsets and padded clothing are sometimes used to improve perceived waist hip ratio; results are superficial and confer no health benefits. Cosmetic surgery may improve appearance, but long-term health benefits are questionable because the causes of poor WHR have not been addressed. We recommend a natural program including exercise, a low-carb diet and whole food supplements to improve body shape and health.

***To have a custom program created for you or for a free consult call 508 583-2565***

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