

Time to take some healthy measures?



1 in 2 Australian adults is overweight. And, irrespective of your height or build, if your waistline is getting bigger it could mean you are at increased risk of chronic diseases like some cancers, heart disease and type 2 diabetes.

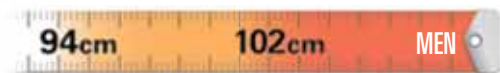
Understanding the risk

For most men, a waistline measurement of over 94cm carries increased risk and over 102cm indicates greatly increased risk.

To find out your level of risk, it is important to measure your waistline accurately.

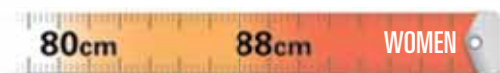
Measuring your waistline is a simple check:

1. Measure directly against your skin
2. Breathe out normally
3. Make sure the tape is snug, without compressing the skin
4. The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone
This is roughly in line with your belly button



Increased risk

Greatly increased risk



Increased risk

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Measurements may vary depending on your ethnic background.

Simple measures for better health

- Go for at least 2 serves of fruit and 5 serves of vegetables every day
- Limit your intake of “sometimes” foods like unhealthy snacks and take-away foods
- Be active every day in as many ways as you can
- Aim for 30 minutes or more of physical activity every day

For more information and measures you can take to reduce your health risks, go to australia.gov.au/MeasureUp today.

What measures will you take

Australian Better Health Initiative

A joint Australian, State and Territory government initiative.

