

Waist to Hip Ratio

Are You at Risk?
Early recognition is important.

Body shape is a reliable predictor of health in overweight people. Studies have shown that our body shape, or in other words, where we carry excess weight, can put us at risk for several illnesses, including high blood pressure, diabetes, heart disease and stroke. When it comes to longevity, certain body shapes can lead to health problems down the road.

Determine your risk.

Having an "apple" shape, that is, carrying excess weight around the middle, often goes along with other risk factors for heart disease including pre-high blood pressure or high cholesterol levels. Having a "pear" shape, that is, carrying excess weight or fat stores in the hips and thighs, is less risky, but carrying too much weight anywhere can be hard on your joints and feet.

Recognize the symptoms.

Persons with excess body fat can have serious health complications. If you show any of these signs *please* have a Waist-to-Hip Ratio Screening done immediately.

- Excess fat at the waist
- Excess fat at the hips
- Lack of exercise
- A family history of overweight/obesity
- An "Apple" shaped figure
- More calories taken in than expended

Take the test.

The Waist-to-Hip Ratio is a reliable screening tool which tells if your waistline is out of proportion. The Waist-to-Hip Ratio was created to help secure our health for the future. In the test, the circumference of the body at the narrowest part of the waist is divided by the circumference at the widest part of the hips. The Waist-to-Hip Ratio is used as a convenient method of assessing body fat distribution.

Independent Nursing Care, LLC provides participants with education on prevention and management of obesity. This includes high quality literature and one-on-one health counseling. Recommendations for lifestyle adjustments may be made and the importance of regular visits with your doctor will be emphasized.

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Completing your circle of care

Summing it up.

Remember, body fat is an important part of the human body. It gives us energy to live and is a building block for healthy hormones. After the age of two, we only need a small amount of body fat to be healthy. Excess body fat in the waist stresses our internal organs.

If you are shaped like a pear, you tend to store fat in the hips and thighs and that means lower health risks. If you are shaped like an apple, you tend to store fat deep inside, around the heart and liver. The apple shape can damage your internal organs and often leads to high blood pressure, diabetes, heart disease and stroke.

Knowing your numbers.

The chart below is used to determine if you have a higher or lower health risk based on your Waist-to-Hip ratio.

Men	Women	Results
.90 or below	.80 or below	Low Risk
.91 - .99	.81 - .84	Moderate Risk
1.0 and above	.85 and above	High Risk

Scheduling.

Waist-to-Hip Ratio Screening Clinics are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

You will receive a comprehensive breakdown summary of the screening results. All personal information will be kept confidential.

Please call Independent Nursing Care to schedule a Waist-to-Hip Ratio Screening Clinic.

phone: 716.655.8776 toll free: 1.888.264.5854

www.INCnursing.com

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