

## WAIST HIP RATIO WHR TABLE

**WHR values predict risk of developing type-II diabetes (Acquired diabetes due to poor body composition), high blood pressure, heart disease and gout.**

**Skeletal Frame Size (from Ankle circumference in inches.)**

Skeletal Frame	Male	Female	Male (Apple Shaped)*		Female (Pear Shaped)	
			No Risk	Risky	No Risk	Risky
<b>Small</b>	< 8"	< 7.5"	< 0.85	> 0.90	< 0.75	> 8.0
<b>Medium</b>	8-9.25"	7.5-8.75"	< 0.90	> 0.95	< 0.80	> 8.2
<b>Large</b>	> 9.25"	< 8.75"	< 0.92	> 1.0	< 0.82	> 8.4

**Apple Shaped** = Broader Waist relative to Hips (or Android fat) **Pear Shaped** = Hips broader relative to waist (or Gynoid Fat Distribution)