

Screening Reference Guide Waist Height Ratio (WHtR)

Waist Height Ratio is considered to be an excellent tool to better predict cardiovascular risk factors. The WHtR can be used for adults and children. It is a good indicator of central body adiposity. It is not age dependent and can be used across all populations.

Formula for WHtR

Waist measurement divided by height measurement $W \div H$

Waist Height Ratio Station Actions and Referral

The chart below illustrates the WHtR value, classification and required referral actions. The WHtR will be calculated at the Check-Out Station.

Referrals based on WHtR will be discussed at the Check-Out Station.

Waist-to-Height Ratio Chart **Males and Females \geq age 5**

WHtR Value	Classification	Action
.4 or less	Slender	Referral
.4 -.5	Healthy	
.5 - .6	High central fat	Referral
$\geq .6$	Very high central fat	Referral