



## Obesity Prevention Source

# Abdominal Obesity Measurement Guidelines for Different Ethnic Groups

The International Diabetes Federation's definition of the metabolic syndrome uses ethnic-specific criteria to define abdominal obesity.

| Country/Ethnic Group  | Waist Circumference Cut Points |
|---|--------------------------------|
| <b>Europids*</b><br><br>In the USA, the ATP III values<br><br>(102 cm male; 88 cm female)<br><br>are likely to continue to be used for<br><br>clinical purposes | Male: $\geq 94$ cm             |
|   | Female: $\geq 80$ cm           |
| <b>South Asians</b><br>Based on a Chinese, Malay,<br><br>and Asian-Indian population  | Male: $\geq 90$ cm             |
|   | Female: $\geq 80$ cm           |
| <b>Chinese</b>  | Male: $\geq 90$ cm             |
|   | Female: $\geq 80$ cm           |
| <b>Japanese**</b>   | Male: $\geq 90$ cm             |
|   | Female: $\geq 80$ cm           |

|   |  |
|---|--|
| <b>Ethnic South and Central Americans</b>                       | Use the South Asian recommendations until more specific data are available |
| <b>Sub-Saharan Africans</b>                                     | Use European data until more specific data are available                   |
| <b>Eastern Mediterranean and Middle East (Arab) populations</b> | Use European data until more specific data are available                   |

*\*In future epidemiological studies of populations of European origin, prevalence should be given using both European and North American cut points to allow better comparisons.*

*\*\* Originally, different values were proposed for Japanese people but new data support the use of the values shown above.*

**Source:** [International Diabetes Federation consensus worldwide definition of the metabolic syndrome](#)

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