



Interpreting data

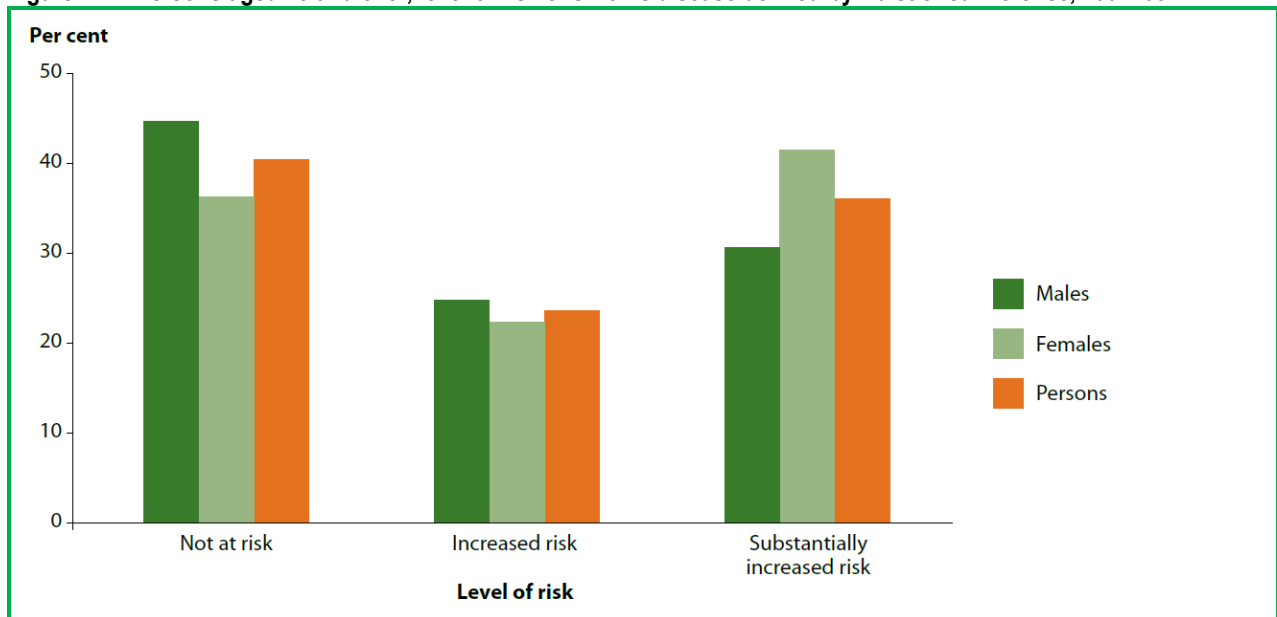
Figure from *Risk factors contributing to chronic disease report*

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Australia's waist measurements and chronic disease risk

Figure 2.12: Persons aged 18 and over, level of risk of chronic disease defined by waist circumference, 2007–08



Note: Waist circumference was only collected for people aged 18 and over

Source: AIHW Analysis of the 2007–08 National Health Survey (Australian Bureau of Statistics)

Waist circumference and risk of chronic disease

Waist circumference is how much a person measures around their waist.

For adults, a waist circumference of 94cm or more in males and 80cm or more in females indicates increased risk.

A waist circumference of 102cm or more in males and 88cm or more in females indicates substantially increased risk.

Analysing the graph

1. Approximately what percentages of males and females had increased risk?
2. Approximately what percentage of people had no risk?
3. Approximately what percentage of females have a waist circumference of at least 80cm?

Possible questions for discussion

4. Name some chronic diseases or conditions that are associated with having a high waist circumference measurement.
5. List and describe two determinants of health that could explain the different waist circumference rates for males and females.