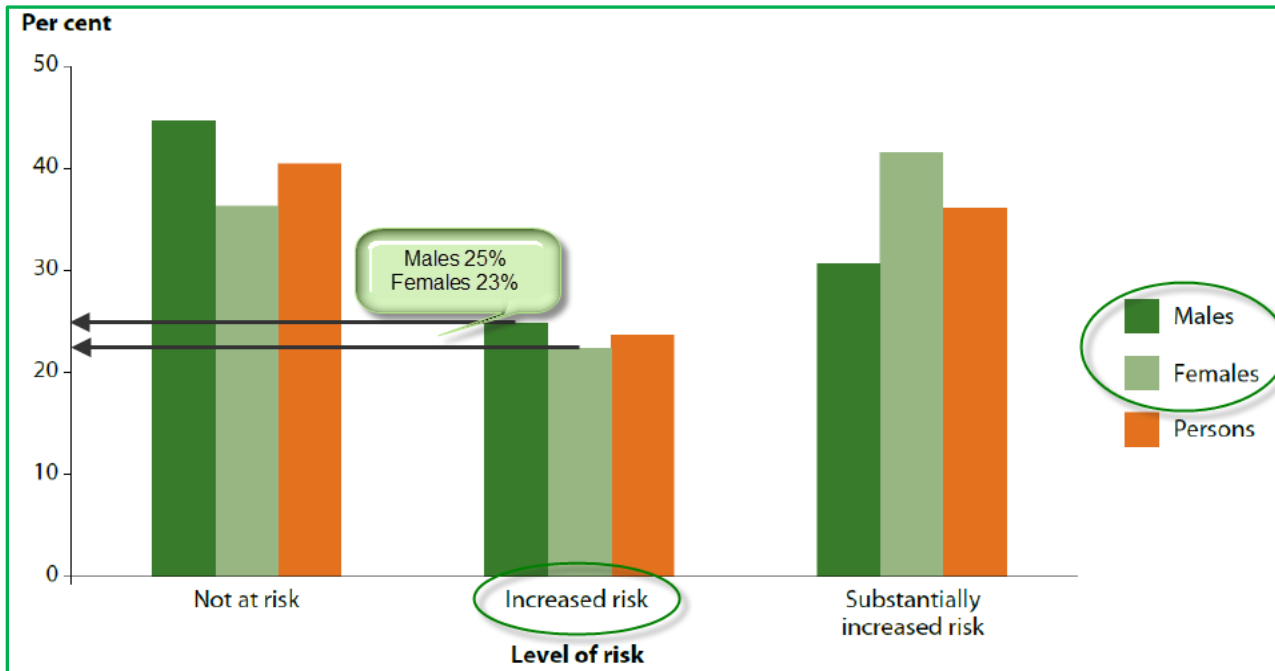


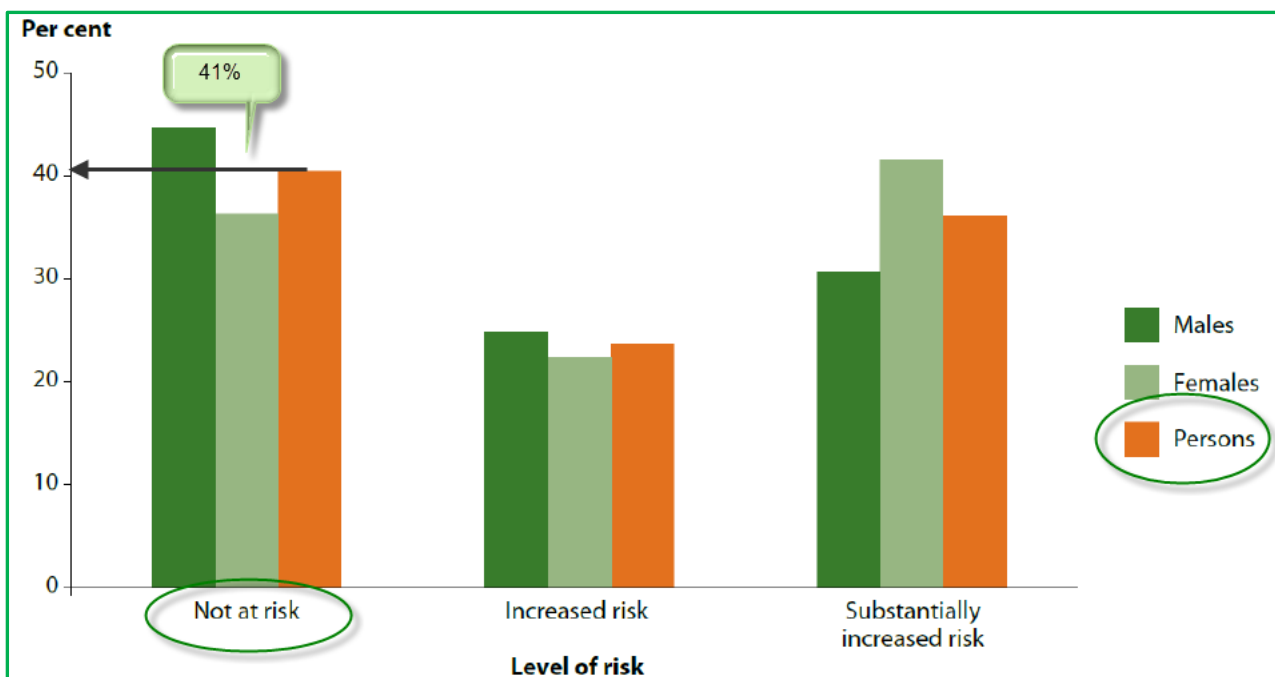


Australia's waist measurements and chronic disease risk ANSWERS guide

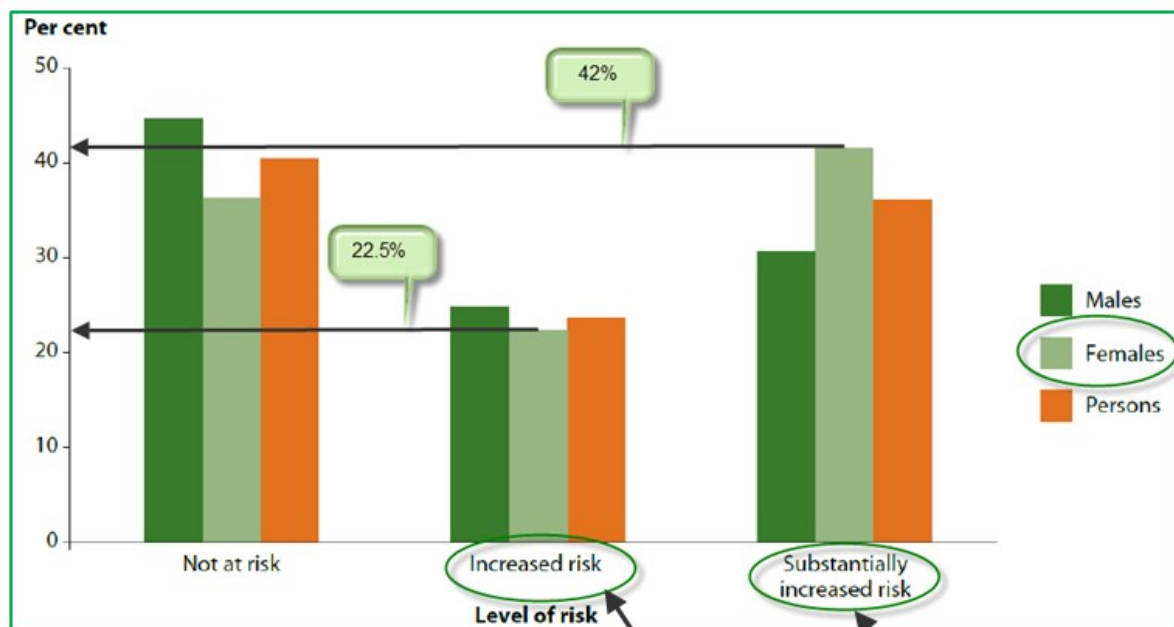
1. Approximately what percentage of males and females had increased risk? **Approx. Males 25% and Females 23%**



2. Approximately what percentage of people had no risk? **Approx. 41%**



3. Approximately what percentage of females have a waist circumference of at least 80cm?
Approx. 64.5%



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.

Possible questions for discussion

- Name some chronic diseases or conditions that are associated with having a high waist circumference measurement. **See Table 1.1**
- List and describe two determinants of health that could explain the different waist circumference rates for males and females. **See Table 1.1**

Table 1.1: Relationship between selected chronic conditions and determinants

Conditions	Behavioural				Biomedical		
	Tobacco smoking	Physical inactivity	Risky alcohol consumption	Poor diet	Obesity	Hypertension ^(a)	High blood fats
Ischaemic heart disease	✓	✓		✓	✓	✓	✓
Stroke	✓	✓	✓	✓	✓	✓	✓
Type 2 diabetes	✓	✓		✓	✓		
Kidney disease	✓	✓		✓	✓	✓	
Arthritis	✓ ^(b)	✓ ^(c)			✓ ^(c)		
Osteoporosis	✓	✓	✓	✓			
Lung cancer	✓						
Colorectal cancer		✓	✓	✓	✓		
Chronic obstructive pulmonary disease	✓						
Asthma	✓						
Depression		✓	✓		✓		
Oral health	✓		✓	✓			

Source: AIHW 2008 Risk factors contributing to chronic disease Page 6