



Healthy U of Delmarva Measurement Form



Member Name: _____ Date: _____

Phone: _____ E-mail: _____

Height (inches): _____ Weight (pounds): _____

Waist: _____ Hip: _____ Waist-Hip Ratio: _____

Waist-Hip Ratio Chart		
Male	Female	Health Risk Based Solely on WHR
0.95 or Below	0.80 or Below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

Comments and/or changes in address/phone number/e-mail: _____

Member Signature: _____

Administrator Signature: _____



The **waist** is measured by placing the tape around the natural waistline and holding it snug but not tight enough to squeeze the body. The natural waistline is located well above the hip bone in the narrowest part of the body. A tip to finding your natural waist is to put your hand on your waist and bend to the side your hand is placed on. Where your body naturally bends is where your natural waist line is.

The **hip** measurement should be taken around the largest part of the hips. This may be anywhere from 6 to 10 inches (15 to 25 centimeters) below the natural waistline, depending on the person's figure.

The **Waist-Hip Ratio** is calculated by dividing hip measurement into waist measurement.

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For Office Use Only: Date Received: _____	Received New Membership Discount Card: _____
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