



spotlight on health

A New Way To Look At Your Waistline

(NAPSA)—New treatment guidelines on weight management, from the National Heart, Lung and Blood Institute (NHLBI) point to the importance of waist circumference in assessing the health risks associated with obesity.

Research has consistently shown that people who have excess weight around their middle, or those with an “apple-shaped” body, have a higher risk of certain chronic disorders, such as type 2 diabetes and cardiovascular disease (CVD). In a recent survey of more than 9,500 Americans, obesity was associated with higher rates of chronic medical problems and a poorer quality of life than was alcohol abuse, smoking and poverty.

According to the NHLBI, men with a waist circumference greater than 40 inches are at an increased relative risk for CVD. For women, the risk increases with a waist circumference greater than 35 inches.

A study conducted at the National Institutes of Health funded-New York Obesity Center, found that participants following the 1,200 calorie Scan Diet weight loss program over twelve weeks decreased their waist circumference by more than 2.5 inches. These participants lost an average of 16 pounds and statistically lowered their LDL or “bad” choles-

New NHLBI Treatment Guidelines

<i>Waist Circumference</i>	<i>Category</i>
(Men) greater than 40 inches	Increased risk
(Women) greater than 35 inches	Increased risk



terol, an additional benefit in the fight against CVD.

“Because excess abdominal fat is an independent risk factor for disease, measuring a patient’s waist circumference is an important part of assessing their health,” said David B. Allison, Ph.D., University of Alabama at Birmingham and lead investigator of the Scan Diet study. “Waist circumference measurement is especially useful for assessing the health risks of patients who look mildly overweight.”

To improve your overall health and reduce your risk of chronic disorders, don’t just look at what the scale is telling you. See your healthcare provider and devise a plan for better health that includes exercise and a balanced diet.

For additional information on weight management, waist circumference and body mass index, visit the NHLBI at www.nhlbi.nih.gov/index.htm or www.scandiet.com.