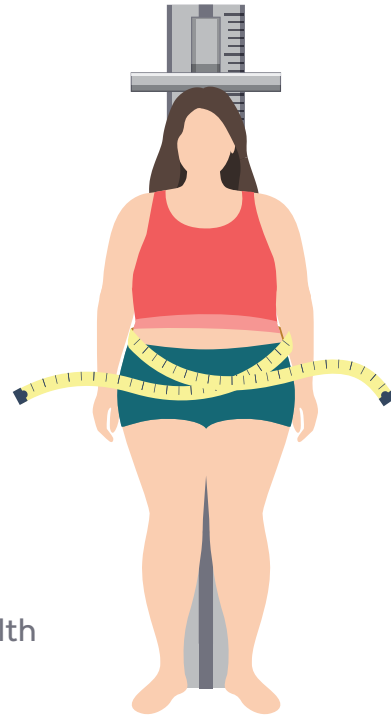


WAIST TO HEIGHT RATIO:

A Simple Way to Understand Your Health

You've measured your waist and calculated your waist-to-height ratio.
Here's what you need to know...

WHAT YOUR WAIST TO HEIGHT NUMBER TELLS YOU



BELOW 0.5 – YOU'RE IN A GOOD PLACE. A result in this range suggests that body fat distribution is in a healthy range. Continue supporting your health through regular movement, nourishing foods, adequate sleep and routine health monitoring.

0.5 TO 0.6 – WORTH PAYING ATTENTION TO. A result in this range suggests a higher level of fat around your waist and abdomen, which is associated with increased metabolic and cardiovascular risk. It's not a diagnosis, but it's a useful signal that you should look at this number with your healthcare professional alongside other health measures such as blood pressure, blood glucose, cholesterol, and your personal and family health history.

This is the ideal window to make small shifts that can have a real impact. You don't need to overhaul your life: even modest changes now can move the needle.

ABOVE 0.6 – TIME TO TAKE ACTION. A result in this range suggests a higher level of abdominal fat and a greater likelihood of increased metabolic and cardiovascular risk. It does not mean you have a health condition but it is an important reason to review your overall metabolic and heart health with a healthcare professional and discuss what next steps may be appropriate.

Your doctor can help you understand what may be contributing to your results and what steps could lower your risk. Depending on your health and individual risk factors, your plan may include lifestyle changes, medication or other treatments.

WHY DOES IT MATTER?

A high waist-to-height ratio can signal that you're at higher risk for conditions like type 2 diabetes, heart disease, and fatty liver disease—often before you feel any symptoms. The good news is that knowing your risk gives you an opportunity to take steps to protect your health.

WHAT HAPPENS NEXT?

Your ratio isn't a diagnosis: it's a conversation starter. The most important thing you can do next is talk to your doctor or healthcare professional about your result and see what next steps they recommend.

Depending on your result, your doctor may suggest a few simple tests to get a fuller picture of your health. You won't necessarily need all of them:

- Blood sugar (glucose and/or A1c)
- Cholesterol and triglycerides (a lipid panel)
- Liver health tests (ex. liver enzymes)
- Kidney health tests (ex. urinalysis, eGFR)
- Blood pressure
- Tracking changes to your waist measurement and weight over time

Each of these numbers provides information that can help you and your doctor create a plan to lower your risk of developing future health problems.

A FEW SMALL CHANGES THAT ADD UP

There are also small changes you can make that will improve your metabolic health and make everyday life feel better. Several of them work directly on where your body stores fat.

- **MOVE MORE OFTEN.** No gym or marathon required. Regular movement, even a short walk (especially after meals!), helps your body manage blood sugar and over time, helps reduce fat around your middle.
- **PROTECT YOUR SLEEP.** Getting enough good-quality sleep supports the hormones and body systems involved in appetite, blood sugar and metabolic health.
- **TAKE THE EDGE OFF STRESS.** Ongoing stress can affect sleep, eating patterns and hormones involved in metabolic health. Finding ways to manage stress can support your overall health.

You don't need to change everything at once. One small, steady shift, and a conversation with your doctor about your ratio, is enough to start things moving in the right direction.

YOUR NUMBER IS JUST A STARTING POINT...

If your number is higher than you'd like, that's a place to start... and a chance to act early. Your health is shaped by your biology, your environment, and your life experiences - all of it. This measurement is simply a tool to help you understand where you stand, so you can take the next right step, whatever that looks like for you.