

Pacific Science for Health Literacy Project

What is your Waist-to-Height Ratio?

$$\text{Waist-to-Height ratio} = \frac{\text{Waist measurement (cm)}}{\text{Height (cm)}}$$

A healthy waist measurement is less than *half* your height

Waist-to-Height ratio	Health Risk
0.5 or less	Low
Greater than 0.5	Increased

Guidelines from the the World Health Organization.

Healthy Food | Portion Size | Exercise

Teenagers with healthy lifestyles are more likely to live long and healthy lives and have healthy children of their own

