

# Pacific Science for Health Literacy Project

## What is your Waist-to-Hip Ratio?

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

Waist-to-Hip ratio		Health Risk
Female	Male	
0.85 or less	0.90 or less	Low
Greater than 0.85	Greater than 0.90	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



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