

Ideal Waist to Height Chart for Men

Height		Too Thin less than	Extremely Thin		Healthy		Overweight		Seriously Overweight		Highly Obese Over
Feet/in	Inches		Low	High	Low	High	Low	High	Low	High	
4' 8"	56	19.6	19.6	24.0	24.1	29.6	29.7	32.4	32.5	35.2	35.3
4' 9"	57	20.0	20.0	24.5	24.5	30.2	30.3	33.0	33.1	35.9	35.9
4' 10"	58	20.3	20.3	24.9	24.9	30.7	30.8	33.6	33.6	36.5	36.5
4' 11"	59	20.7	20.7	25.3	25.4	31.2	31.3	34.2	34.2	37.1	37.2
5' 0"	60	21.0	21.0	25.7	25.8	31.7	31.8	34.7	34.8	37.7	37.8
5' 1"	61	21.4	21.4	26.2	26.2	32.3	32.4	35.3	35.4	38.4	38.4
5' 2"	62	21.7	21.7	26.6	26.7	32.8	32.9	35.9	36.0	39.0	39.1
5' 3"	63	22.1	22.1	27.0	27.1	33.3	33.4	36.5	36.5	39.6	39.7
5' 4"	64	22.4	22.4	27.5	27.5	33.9	34.0	37.1	37.1	40.3	40.3
5' 5"	65	22.8	22.8	27.9	28.0	34.4	34.5	37.6	37.7	40.9	41.0
5' 6"	66	23.1	23.1	28.3	28.4	34.9	35.0	38.2	38.3	41.5	41.6
5' 7"	67	23.5	23.5	28.7	28.8	35.4	35.5	38.8	38.9	42.1	42.2
5' 8"	68	23.8	23.8	29.2	29.2	36.0	36.1	39.4	39.4	42.8	42.8
5' 9"	69	24.2	24.2	29.6	29.7	36.5	36.6	40.0	40.0	43.4	43.5
5' 10"	70	24.5	24.5	30.0	30.1	37.0	37.1	40.5	40.6	44.0	44.1
5' 11"	71	24.9	24.9	30.5	30.5	37.6	37.7	41.1	41.2	44.7	44.7
6' 0"	72	25.2	25.2	30.9	31.0	38.1	38.2	41.7	41.8	45.3	45.4
6' 1"	73	25.6	25.6	31.3	31.4	38.6	38.7	42.3	42.3	45.9	46.0
6' 2"	74	25.9	25.9	31.7	31.8	39.1	39.2	42.8	42.9	46.5	46.6
6' 3"	75	26.3	26.3	32.2	32.3	39.7	39.8	43.4	43.5	47.2	47.3
6' 4"	76	26.6	26.6	32.6	32.7	40.2	40.3	44.0	44.1	47.8	47.9
6' 5"	77	27.0	27.0	33.0	33.1	40.7	40.8	44.6	44.7	48.4	48.5
6' 6"	78	27.3	27.3	33.5	33.5	41.3	41.4	45.2	45.2	49.1	49.1
6' 7"	79	27.7	27.7	33.9	34.0	41.8	41.9	45.7	45.8	49.7	49.8
6' 8"	80	28.0	28.0	34.3	34.4	42.3	42.4	46.3	46.4	50.3	50.4
6' 9"	81	28.4	28.4	34.7	34.8	42.8	42.9	46.9	47.0	50.9	51.0
6' 10"	82	28.7	28.7	35.2	35.3	43.4	43.5	47.5	47.6	51.6	51.7

Ideal Waist to Height Chart for Women

Height Feet/in Inches		Too Thin less than	Extremely Thin		Healthy		Overweight		Seriously Overweight		Highly Obese Over
			Low	High	Low	High	Low	High	Low	High	
4' 8"	56	19.6	19.6	23.5	23.5	27.4	27.4	30.2	30.2	32.4	32.5
4' 9"	57	20.0	20.0	23.9	23.9	27.9	28.0	30.7	30.8	33.0	33.1
4' 10"	58	20.3	20.3	24.3	24.4	28.4	28.5	31.3	31.3	33.6	33.7
4' 11"	59	20.7	20.7	24.7	24.8	28.9	29.0	31.8	31.9	34.2	34.3
5' 0"	60	21.0	21.0	25.1	25.2	29.3	29.4	32.3	32.4	34.7	34.8
5' 1"	61	21.4	21.4	25.6	25.6	29.8	29.9	32.9	32.9	35.3	35.4
5' 2"	62	21.7	21.7	26.0	26.0	30.3	30.4	33.4	33.5	35.9	36.0
5' 3"	63	22.1	22.1	26.4	26.5	30.8	30.9	34.0	34.0	36.5	36.6
5' 4"	64	22.4	22.4	26.8	26.9	31.3	31.4	34.5	34.6	37.1	37.2
5' 5"	65	22.8	22.8	27.2	27.3	31.8	31.9	35.0	35.1	37.6	37.7
5' 6"	66	23.1	23.1	27.7	27.7	32.3	32.4	35.6	35.6	38.2	38.3
5' 7"	67	23.5	23.5	28.1	28.1	32.8	32.9	36.1	36.2	38.8	38.9
5' 8"	68	23.8	23.8	28.5	28.6	33.3	33.4	36.7	36.7	39.4	39.5
5' 9"	69	24.2	24.2	28.9	29.0	33.7	33.8	37.2	37.3	40.0	40.1
5' 10"	70	24.5	24.5	29.3	29.4	34.0	34.1	37.7	37.8	40.5	40.6
5' 11"	71	24.9	24.9	29.7	29.8	34.7	34.8	38.3	38.3	41.1	41.2
6' 0"	72	25.2	25.2	30.2	30.2	35.2	35.3	38.8	38.9	41.7	41.8
6' 1"	73	25.6	25.6	30.6	30.7	35.7	35.8	39.3	39.4	42.3	42.4
6' 2"	74	25.9	25.9	31.0	31.1	36.2	36.3	39.9	40.0	42.8	42.9
6' 3"	75	26.3	26.3	31.4	31.5	36.7	36.8	40.4	40.5	43.4	43.5
6' 4"	76	26.6	26.6	31.8	31.9	37.2	37.3	41.0	41.0	44.0	44.1
6' 5"	77	27.0	27.0	32.3	32.3	37.7	37.8	41.5	41.6	44.6	44.7
6' 6"	78	27.3	27.3	32.7	32.8	38.1	38.2	42.0	42.1	45.2	45.3
6' 7"	79	27.7	27.7	33.1	33.2	38.6	38.7	42.6	42.7	45.7	45.8
6' 8"	80	28.0	28.0	33.5	33.6	39.1	39.2	43.1	43.2	46.3	46.4
6' 9"	81	28.4	28.4	33.9	34.0	39.6	39.7	43.7	43.7	46.9	47.0
6' 10"	82	28.7	28.7	34.4	34.4	40.1	40.2	44.2	44.3	47.5	47.6