

The Ashwell[®] Shape Chart

Are you an apple or a pear?

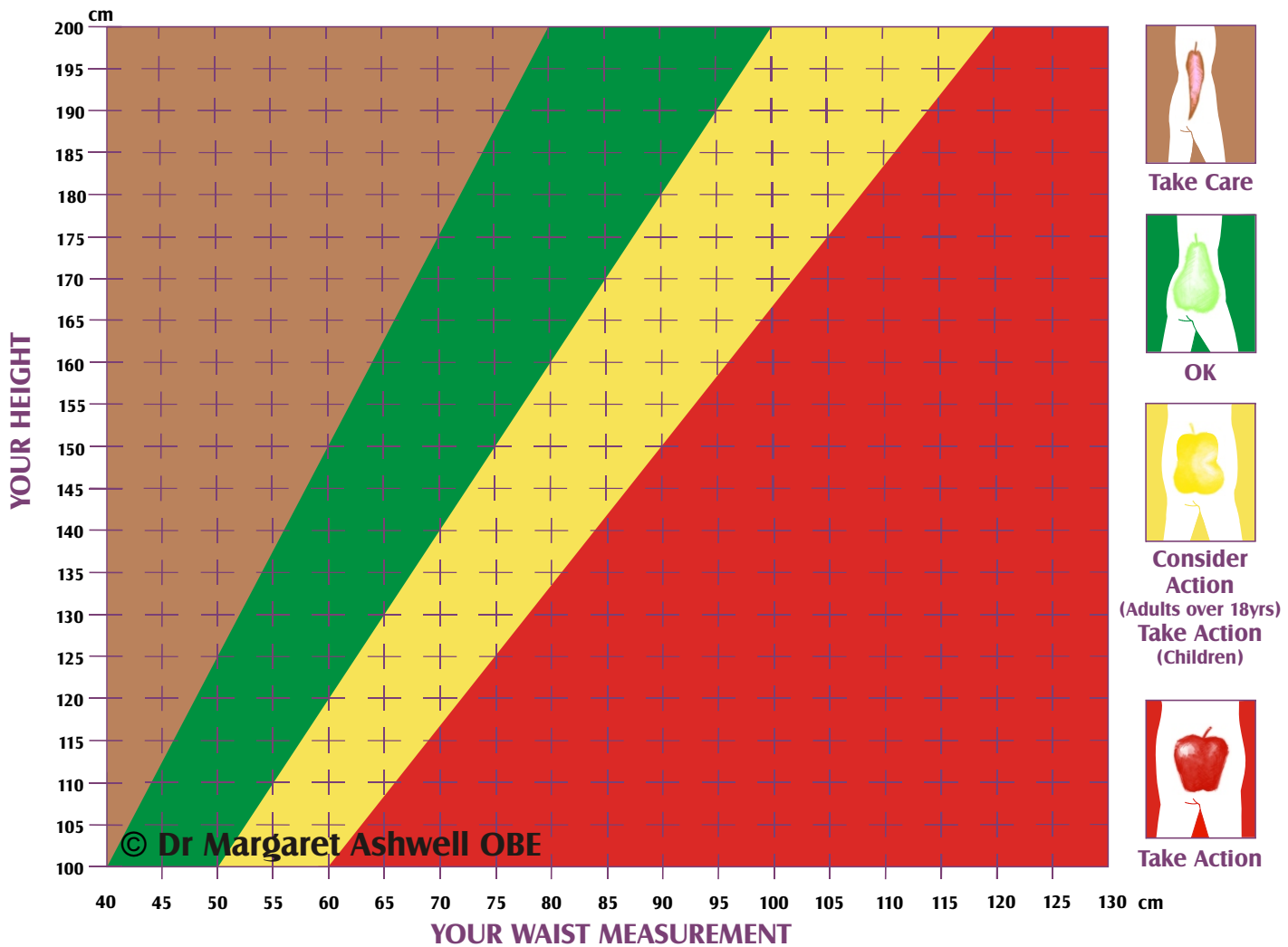
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Use this chart to work out the health risk attached to your own body shape. It is suitable for both men and women and children over 5 yrs.

The size of your waist circumference is a good indicator of your overall health risk. Why is this?

Excess fat which is found deep down in the region of the stomach gives someone a large waist circumference and an 'apple' shape. This is often associated with risk factors for serious conditions such as heart disease, raised blood pressure, diabetes and some types of cancer.

Excess fat which is found under the skin, around the bottom, hips and thighs gives someone a smaller waist circumference and a 'pear' shape. This is generally accepted to be less harmful to health.



- Matching your height to your smallest waist circumference, where does your shape fall in the chart?
- If your shape is in the brown 'chilli' region, you should Take Care. You will not need to decrease your waistline.
- If your shape is in the green 'pear' region, you have a healthy OK shape.
- If your shape falls in the yellow 'pearapple' region (particularly the upper end), you should Consider Action (adults over 18yrs) or Take Action (children over 5yrs). Make certain that you don't increase your waistline any more.
- If your shape falls in the red 'apple' region, your health is probably at risk. Why not talk to your GP and Take Action?

YOU SHOULD KEEP YOUR WAIST CIRCUMFERENCE TO LESS THAN HALF YOUR HEIGHT

This chart has been based on scientific evidence from the Universities of Cambridge and London in the United Kingdom.

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Reference Curves derived from scientific data as described in: Ashwell M and Gibson S (2009). *Obesity Facts* 2(2); McCarthy HD and Ashwell M (2006). *Int J Obes (Lond)* 30(6): 988-92; Ashwell M and Hsieh SD (2005). *International Journal of Food Sciences and Nutrition* 56, 303-307; Ashwell, M.A., LeJeune, S.R.E. and McPherson, K. (1996) *British Medical Journal* 312, 377; Cox, B.D. and Whicelow, M.J. (1996) *British Medical Journal* 313, 1487.

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