



Suggested Metabolic Syndrome Waist Circumference (WC)

Cut Off Points

BMI is more appropriate to use in children to diagnose obesity.

Waist circumference is used to assist in identifying BMI's related to abdominal obesity.

Male Age, years	WC, cm (NCEP ATP, 92nd)
12	94.2
14	98.0
16	100.6
18	101.8

Female Age, years	WC, cm (NCEP AT 72nd)
12	79.5
14	82.9
16	85.2
18	87.0

