

CENTRAL OBESITY

WAIST SIZE **80** CM
(APPROX. 32 INCHES) OR ABOVE

FOR **WOMEN**

WAIST SIZE **90** CM
(APPROX. 36 INCHES) OR ABOVE

FOR **MEN**

**Balanced Diet + Regular Exercise
= Healthy Lifestyle**

(Applicable to Asians Adult Only)

Health Education Infoline
of the Department of Health

2833 0111



衛生防護中心
Centre for Health Protection



Centre for Health Protection Website
www.chp.gov.hk



Central Obesity



衛生署
Department of Health