

Average waist size by age

Age	Men	Women
20-29	89.2 cm	82.4 cm
30-39	94.0 cm	87.0 cm
40-49	97.1 cm	90.9 cm
50-59	101.6 cm	93.9 cm
60-69	104.5 cm	97.2 cm
70+	101.5 cm	94.4 cm