



Measures of adiposity and cardiovascular disease in the Jackson Heart Study

Purpose of the study

Body mass index (BMI) is a measure of overall obesity. Excessive fat around the stomach is called central adiposity. Waist circumference (WC) and waist-to-height ratio (WHtR) are measures of central adiposity and are considered risk factors for cardiovascular disease (CVD). Researchers at the Jackson Heart Study examined whether measures of central adiposity and obesity were related to risk factors for CVD among African Americans.

Major findings

WHtR was more related to CVD risk factors (high density lipoprotein cholesterol, triglycerides, diabetes, hypertension, and more than two or multiple risk factors) compared to BMI. WHtR was more related to high density lipoprotein cholesterol when compared to WC.

Take away message

This study shows that WHtR may work better when trying to identify African Americans who are at high risk for CVD. Given the high rates of CVD risk factors in this population, it is important to develop easy-to-use measures of CVD risk that can be used by health care providers and their patients.



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