

God Bless America
Best Health Care Medical Group, Inc.
Professor Mike Mirahmadi, M.D.
Diplomate, American Board of Internal Medicine & Nephrology
Clinical Professor of Medicine at UCLA

Waist Circumference and Excess Mortality

Significant association, independent of body-mass index

Waist circumference (WC), as a measure of central adiposity, is associated with insulin resistance, type 2 diabetes mellitus, dyslipidemia, and coronary heart disease, as well as shorter life span. The association with shorter life span independent of body-mass index (BMI) also has been shown in most studies, but the specific relation between WC and BMI, especially for large WC, is less clear.

Data from a large national longitudinal nutrition study were used to identify about 105,000 adults (age, ≥ 50 ; nearly all white). Between 1997 and 2006, about 15,000 of them died. In analyses adjusted for several demographic and lifestyle risk factors (e.g., age, smoking status) as well as for BMI, risk for all-cause mortality was associated strongly with WC. For example, mortality risk was 102% higher in men who had WCs >47.2 inches compared with men who had WCs <35.4 inches; the corresponding risk for women who had WCs >43.3 inches compared with those <29.5 inches was 136%. WC was associated significantly with all-cause mortality within each category of BMI — especially for women with normal BMIs.

Comment: These data highlight the serious health risks of central adiposity and can help guide clinicians when they counsel (white) patients with abdominal obesity, even those who were not overweight or obese.

— **Thomas L. Schwenk, MD**

Published in [Journal Watch General Medicine](#) August 12, 2010

CITATION(S):

Jacobs EJ et al. Waist circumference and all-cause mortality in a large US cohort. *Arch Intern Med* 2010 Aug 9/23; 170:1293. (<http://dx.doi.org/10.1001/archinternmed.2010.201>)

435 N. Bedford, Suite 312
Beverly Hills, CA 90210
Tel: 310-858-5090
Fax: 310-276-5508

3392 Motor Ave.
Los Angeles, CA 90034
Tel: (310) 202-1133
Fax: (310) 202-1139

Please visit our website:
<http://mirahmadi.com>

Email: Mike@Mirahmadi.com