

Expanding Evidence for the Multiple Dangers of Epidemic Abdominal Obesity Editorial

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THESE AUTHORS NOTE:

The waistline of America has been expanding now for decades, and many other countries and communities worldwide are following the American lead.

Obesity increases the risk for conditions such as type 2 diabetes mellitus, the metabolic syndrome, cardiovascular disease (CVD), kidney disease, arthritis, cancer, asthma, and sleep-disordered breathing. There is a strong relationship between central obesity and cancer mortality.

Obesity is a strong and robust predictor of both overall and cardiovascular disease mortality in men and women.

The body mass index (BMI) is a crude measure of overall obesity.

There is a strong positive relationship between overall obesity (using BMI) and mortality with abdominal obesity (using waist circumference measurement) on all-cause, cancer, and CVD mortality in US women.

Among US women nurses, there is a "clear step-wise increase in risk for each of cancer, CVD, and overall mortality with increasing quintiles of waist circumference or waist:hip ratio."

There appears to be a roughly linear association between waist circumference and mortality, and "a reduced waist circumference decreases mortality risk."

Abdominal obesity is a strong predictor of obesity-related health outcomes.

In women, both BMI and waist circumference provide important components of mortality risk.

"Monitoring changes in waist size is as important, or even more important, than monitoring changes in weight and BMI."

"The simple measurement of waist circumference should be strongly encouraged in the clinical setting and also as a health promotion message to encourage prevention of the multiple obesity-related outcomes such as type 2 diabetes mellitus, CVD, and also death."

The health implications from obesity needs to be particularly directed at younger populations because “they have a lifetime in which the consequences of their obesity can be played out, and they have a longer time in which their adiposity can further increase. For these reasons, a push to curb childhood and adolescent obesity is of paramount importance.”

KEY POINTS FROM DAN MURPHY

- 1) American’s waistlines have been expanding for decades, and many other countries and communities worldwide are following the American lead.
- 2) Obesity increases the risk for conditions such as type 2 diabetes mellitus, the metabolic syndrome, cardiovascular disease (CVD), kidney disease, arthritis, cancer, asthma, and sleep-disordered breathing.
- 3) Obesity is a strong and robust predictor of both overall and cardiovascular disease mortality in men and women.
- 4) There is a strong relationship between central obesity and cancer mortality.
- 5) There is a strong positive relationship between overall obesity (using BMI) and mortality with abdominal obesity (using waist circumference measurement) on all-cause, cancer, and CVD mortality in US women.
- 6) There is a “clear step-wise increase in risk for each of cancer, CVD, and overall mortality with increasing quintiles of waist circumference or waist:hip ratio.”
- 7) There appears to be a roughly linear association between waist circumference and mortality, and “a reduced waist circumference decreases mortality risk.”
- 8) Abdominal obesity is a strong predictor of obesity-related health outcomes.
- 9) In women, both BMI and waist circumference provide important components of mortality risk.
- 10) “Monitoring changes in waist size is as important, or even more important, than monitoring changes in weight and BMI.”
- 11) “The simple measurement of waist circumference should be strongly encouraged in the clinical setting and also as a health promotion message to encourage prevention of the multiple obesity-related outcomes such as type 2 diabetes mellitus, CVD, and also death.”
- 12) The health implications from obesity needs to be particularly directed at younger populations because “they have a lifetime in which the consequences of their obesity can be played out, and they have a longer time in which their adiposity can further increase. For these reasons, a push to curb childhood and adolescent obesity is of paramount importance.”