

Study of Lipid Profile in Association with Anthropometric Indices in Adult Healthy Individuals in Local Population

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Background

Study of lipid profile requires fasting subjects to voluntarily give blood, requiring a high level of motivation. If simpler tests or anthropometric indices could predict dyslipidemias or future risk of cardiovascular events, they can be applied easily to larger sections of the society.

Aims & Objectives

To study the lipid profile pattern in adult healthy population of urban Mysore district along with anthropometric indices and lifestyle history to assess the risk of future cardiovascular disease.

Material and Methods

Lipid profile of 100 healthy individuals was studied in a random local population across different sections of the society, along with measurement of anthropometric indices like BMI, Waist circumference and Waist/Hip Ratio (WHR). We also enquired about the intake of alcohol, smoking and dietary habits.

Results

Anthropometric indices have a good correlation with lipid profile parameters and hence can be used to predict dyslipidemias and future cardiovascular risk. The study has also shown that obesity is a global phenomenon and is distributed across all sections of the society and strategies to overcome obesity have to be undertaken among all socioeconomic strata. There is a strong association of alcohol and smoking with dyslipidemias and hence an increased risk of cardiovascular and other complications arising from it.

Conclusions

The study has a major impact, suggesting that lifestyle modification done at an early age can delay the onset or reduce the incidence of cardiovascular diseases which has assumed significant proportions in elderly patients admitted to hospitals.

Keywords

Lipid profile; Healthy adult population; Anthropometric indices; Waist/hip ratio.