



March 16, 2017 – Grand Rapids, MI

## Waist-Hip Ratio vs. BMI

In Tuesday's message, I said researchers used a unique approach to answering the question of whether waist-hip ratio (WHR) is associated with cardiovascular disease and type 2 diabetes regardless of BMI. They found 48 genes which were associated with WHR, a unique approach using the genetic information with Mendelian randomization of epidemiological data. If that isn't a brain-full, I don't know what is. Let me see if I can break it down for you.

As I've said many times before, epidemiological data cannot show cause and effect; they're just observations. By using the genetic information related to WHR, researchers can analyze the data by statistically removing the effect of BMI. Because the genetic traits follow some randomization based on Mendel's genetic work, if the WHR is still associated with the increased risks of disease, that means that where you carry your body fat is important, whether your BMI says you're overweight or not.

They found that WHR is an independent risk factor for CVD and type 2 diabetes, confirming that the location of your body fat is important regardless of your BMI. That may be why people with a high BMI but low WHR have normal blood pressure and cholesterol levels while others with a normal BMI but a high WHR may have high numbers.

There is still more to this and I'll finish it up on Saturday. Remember, the special pricing on the [Real-Life Detox](#) books has been extended and expanded: your purchase now includes a free conference call on Tuesday, March 28, at 10 p.m. ET. Check it out today.



What are you prepared to do today?

**Dr. Chet**

Reference: JAMA. 2017;317(6):626-634.

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