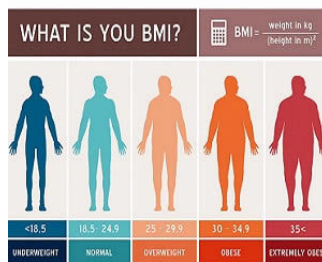


## Higher BMI Increases Risk of CHD, Hypertension, Type 2 Diabetes



New findings confirm previous evidence that higher body mass index (BMI) is associated with an increased risk of cardiometabolic diseases such as hypertension, coronary heart disease and Type 2 Diabetes. The study is published in JAMA Cardiology.

Previously conducted observational studies have already established a connection between higher BMI and cardiometabolic disease risk but these studies have been unable to account for confounding by shared risk factors. The use of Mendelian randomisation overcomes these limitations.

During this study, Donald M. Lyall, Ph.D., of the University of Glasgow, Scotland, and colleagues analysed 119,859 participants and examined the association between BMI and cardiometabolic diseases and traits. 47% of the participants were men with an average age of 57 years.

Findings showed that higher BMI was associated with an increased risk of CHD, hypertension and Type 2 Diabetes. Higher BMI was also found to be associated with increased systolic and diastolic blood pressure. These findings were independent of age, sex, history of smoking and alcohol intake.

The authors believe that these findings are extremely relevant for public health policies, especially in light of rising obesity levels. BMI is an important modifiable risk factor which should be considered when identifying patients at high risk of cardiometabolic diseases.

Source: [JAMA Cardiology](#)

Image Credit: [Lee Health](#)

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