

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

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## Introduction

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

### *Specific objective*

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.

## Materials and methods

Lipid profile of 100 healthy individuals was studied in a random local population across different sections of 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 and observations

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

## Discussion

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. Key words: Lipid profile, healthy adult population, anthropometric indices, waist/hip ratio.