

Ethnic Diversity with Preventable Risk Factors for Cardiovascular Diseases

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ABSTRACT The objective of present paper is to investigate the extent of association of selected anthropometric markers with cardiovascular health risk among different environmental and culturally diverse population groups. A cross-sectional survey among 1,843 respondents (including 984 females and 859 males) was carried out covering population groups from five geographic zones of India. Data was collected for anthropometric and physiological variables using standardized techniques. Body mass index (BMI), waist to hip ratio (WHR) and waist to height ratio (WHtR) were computed. Odds ratios were obtained using multiple logistic regressions. Anthropometric markers, WHR, WHtR and WC showed highest association with cardiovascular (CV) health risk. The waist height ratio (WHtR) is found to be a better predictor of cardiovascular health risk amongst all the central adiposity indices. A model anthropometric score scale incorporating BMI and selected central adiposity indices may be a quick and meaningful screening tool for cardiovascular health risk assessment and its timely management.