Anthropometrics and Cardiovascular Risk Factors

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Dear Editor,

Oliveira et al[1] report that the body mass index (BMI) and the waist-to-hip ratio (WHR) can be considered risk factors for cardiovascular diseases (CVD).

Studies have suggested that increased waist circumference (WC) and BMI are indicators of SAH development and the WC presents better accuracy than the WHR in the detection of hypertriglyceridemia, high cholesterol and body composition, although it is not the best predictor of dyslipidemia[2-5].

It is noteworthy to mention that the assessment of the WC is a simple, low-cost procedure and that its incorporation to the routine assessment of patients will bring great benefits to the investigation and nutritional status control.

Oliveira et al[1] did not find an association between the percentage of body fat (%BF) and CVD indicators. It is known that there are different methods to evaluate the % BF, such as bioimpedance and skin folds; however, it is yet to be determined which methods will better evaluate the subcutaneous or visceral fat in order to estimate the association between the % BF with the lipid profile.

Therefore, further studies are necessary to fill this lack of information and verify the reliability of the clinical use of anthropometric indicators to accurately estimate the cardiovascular risk.

Keywords

Anthropometry; risk factors; cardiovascular diseases.

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