

Poor metabolic health in some normal-weight women may increase risk for colorectal cancer

February 1 2017

Even though poor metabolic health is usually associated with obesity, 30 percent of normal-weight adults are believed to be metabolically unhealthy worldwide, according to Liang.

Metabolic health is often assessed by measuring [waist circumference](#), blood pressure, and levels of [triglycerides](#), glucose, and high-density lipoprotein cholesterol (HDL-C, so-called "good" cholesterol) in the blood. People have metabolic syndrome if they have three or more of the following: elevated waist circumference, elevated [blood pressure](#), elevated levels of triglycerides, elevated levels of glucose, and low levels of HDL-C. In this study, people were considered metabolically unhealthy if they had two or more of those factors excluding elevated waist circumference.

Liang and colleagues used data from 5,068 [postmenopausal women](#) enrolled in the Women's Health Initiative. All the women were classed as normal weight based on having a [body mass index](#) (BMI) from 18.5 kg/m² to

Citation: Poor metabolic health in some normal-weight women may increase risk for colorectal cancer (2017, February 1) retrieved 14 February 2024 from <https://medicalxpress.com/news/2017-02-poor-metabolic-health-normal-weight-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.