ABSTRACT

BACKGROUND:

Hyperlipidemia is a well-recognized risk factor among obese persons. It can be observed on persons with normal BMI and WC according to international criteria. BMI has some limitations because it did not differentiate fat and fat-free mass. Abdominal fat has a strong association with cardiometabolic health; it can be predicted by WC.

AIMS AND OBJECTIVES:

The study aims to analyze the prevalence of hyperlipidemia among asymptomatic females attending Master Health checkup, in our hospital. The relationship between anthropometric indices and lipid profile was correlated from which the indicator which one is best parameter to identify the future risks of hyperlipidemia.

MATERIALS AND METHODS:

It is a cross-sectional study was done among 100 healthy females, those who attended our hospital, from September 2014 to August 2015.

RESULTS AND ANALYSIS:

In our study the participants are grouped into ≤30 years and 31 to 40 years were analysed, low HDL was found 50.84% in ≤30 years, 61.5% was found in 31-40 years. Overall 43% were found dyslipidemic, 57% were normolipemic. Low HDL was the most common dyslipidemic pattern found. The next common pattern was hypertriglyceridemia. In our study BMI was showed significant correlated with total cholesterol (r=0.451, P <0.01), TGL (r=0.690, p<0.01), HDL (r=0.606, P <0.01), LDL (r=0.482, P<0.01). WC significant correlation with total cholesterol (r=0.734, P<0.01), TGL (r=0.789, P<0.01), LDL (r=0.789, P<0.01).
P<0.01) and with HDL (r=0.430,P<0.01). WHR was significant correlated with TGL(r=0.382,P<0.05), HDL(r=0.339,P<0.05).

BMI significantly correlated with HDL (P <0.05) in 31-40 years age group.

Combination of anthropometric measures predicted dyslipidemia better in asymptomatic females than anyone single variable.

CONCLUSIONS:

The study concluded that anthropometric measurement(BMI,WC and WHR) were strongly correlated with dyslipidemia among females.

KEY WORDS:

BMI - Body Mass Index

WC- Waist Circumference

WHR- Waist Hip Ratio

Hyperlipidemia.