

# Higher levels of obesity associated with increased risk of death

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In an analysis of nearly 100 studies that included approximately 3 million adults, relative to normal weight, overall obesity (combining all grades) and higher levels of obesity were both associated with a significantly higher all-cause risk of death, while overweight was associated with significantly lower all-cause mortality, according to a study in the January 2 issue of *JAMA*.

"Estimates of the relative [mortality](#) risks associated with normal weight, overweight, and obesity may help to inform decision making in the clinical setting," according to background information in the article.

Katherine M. Flegal, Ph.D., of the National Center for Health Statistics, [Centers for Disease Control and Prevention](#), Hyattsville, Md., and colleagues conducted a study to compile and summarize published analyses of [body mass index](#) (BMI) and all-cause mortality that provide hazard ratios (HRs) for standard BMI categories. For the review and [meta-analysis](#), the researchers identified 97 studies that met inclusion criteria, which provided a combined sample size of more than 2.88 million individuals and more than 270,000 deaths. Regions of origin of participants included the United States or Canada (n = 41 studies), Europe (n = 37), Australia (n = 7), China or Taiwan (n = 4), Japan (n = 2), Brazil (n = 2), Israel (n = 2), India (n = 1), and Mexico (n = 1).

All-cause mortality HRs for overweight (BMI of 25-

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