

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 3 May 2024 from <https://medicalxpress.com/news/2017-02-poor-metabolic-health-normal-weight-women.html>

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