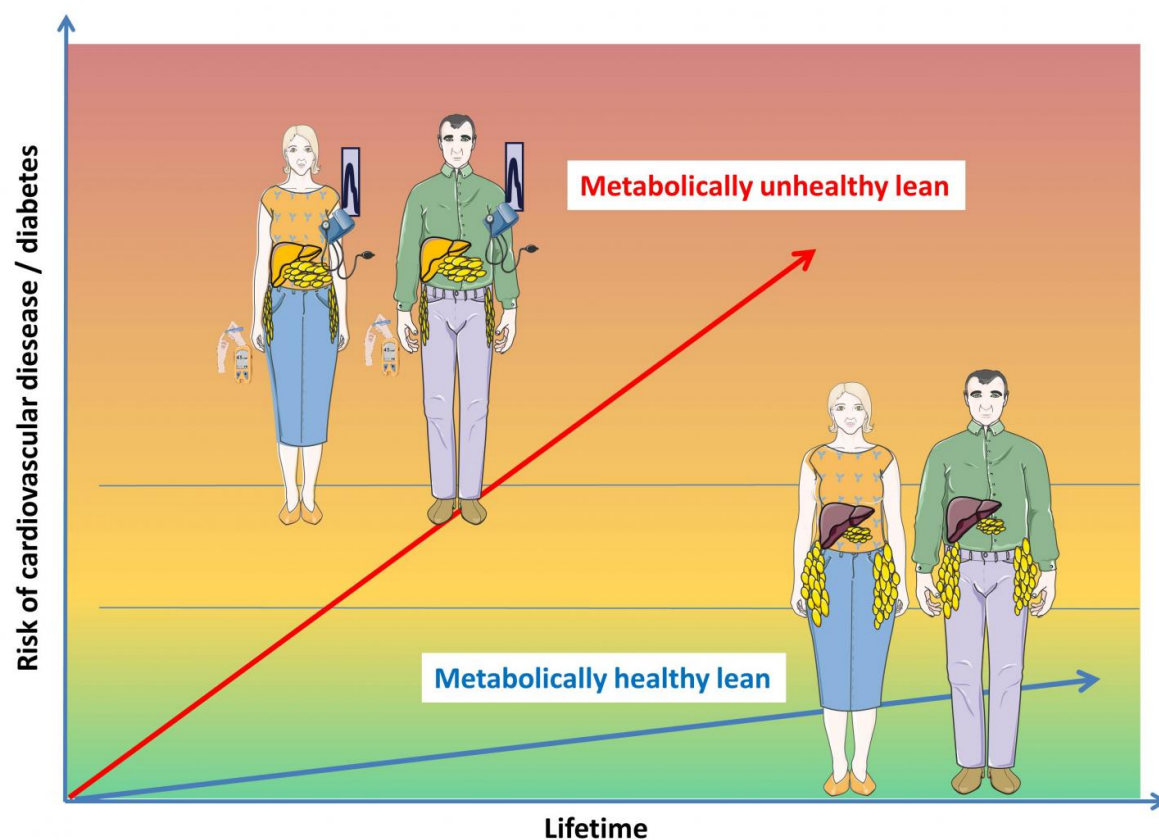


Characteristics of metabolically unhealthy lean people

August 1 2017



People who are of normal weight but metabolically unhealthy have a more than three-fold higher risk of mortality and/or cardiovascular events. Credit: IDM

Compared to people who are of normal weight and metabolically healthy, subjects who are of normal weight but metabolically unhealthy (~20 percent of normal weight adults) have a more than three-fold higher risk of mortality and/or cardiovascular events. This risk is also higher than that of metabolically healthy obese subjects. Norbert Stefan, Fritz Schick and Hans-Ulrich Häring have now addressed characteristics determining metabolic health in lean, overweight and obese people, showed that a reduced accumulation of fat in the lower body puts lean people at risk and highlighted implications of their findings for personalized prevention and treatment of cardiometabolic diseases.

It has now been established that a [body-mass index](#) (BMI) in the [normal weight](#) range (defined by WHO as a BMI of 18.5-

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