Study reveals link between belly fat, blood pressure and food responses
31 October 2022

People with high blood pressure take longer and work harder to clear fats from the blood after meals and have higher levels of inflammation after eating.

The research, published today in *Nutrients* by researchers from King's College London, has identified that this link is in large part due to visceral fat—the fat that wraps around your organs in your belly.

This suggests that reducing belly fat could be particularly important in improving the body's responses to food in people with high blood pressure.

"People with high blood pressure are more likely to have higher levels of visceral fat than people with normal blood pressure. Our study found that this visceral fat is indeed responsible for a considerable amount of the difference we see in blood fats and insulin levels between these two groups after meals," said first author and TwinsUK researcher Panayiotis Louca.

The research was part of ongoing analysis of data collected during the PREDICT study, where 1,000 participants—including several hundred TwinsUK members—had their bodies' responses to food measured over a two-week period.