

Lecture Abstract or Synopsis for publication

UNSTABLE OBESITY PARAMETERS AND HEALTH OUTCOMES BASED ON NHIS DATABASE

Ga Eun Nam

*Department of Family Medicine, Korea University Anam Hospital, Korea University College of Medicine,
Republic of Korea*

namgaaa@daum.net

Abstract

Recently, the association between intra-individual variability in cardiometabolic parameters and health outcomes has attracted increasing interest. There has been limited evidence regarding the longitudinal associations of variabilities in obesity measures including weight, body mass index, waist circumference with cardiovascular outcomes and mortality. Using the South Korean National Health Insurance Service (NHIS) database, we have sought to examine the associations between obesity parameters and myocardial infarction, ischemic stroke, and mortality in the general population as well as in patients with type 2 diabetes. We found consistently positive associations between unstable obesity parameters and the health outcomes. Our results indicated that fluctuations in obesity measures may be considered risk factors of cardiovascular outcomes and mortality. In this lecture, I will introduce our study results regarding the association between unstable obesity parameters and health outcomes based on the South Korean NHIS database.

Keywords

Weight, waist circumference, variability, fluctuation, cardiovascular disease, mortality