Association of Hip Circumference with Traditional Cardiovascular Risk Factors

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Objective: This study was done for determining the association of hip circumference (HC) with traditional cardiovascular risk factors. Design and Method: 124 healthy and inactive persons (age: 49.33 ± 10.92, height: 1.62 ± 0.11 m, weight: 72.42 ± 1.48 kg) were selected for this study. Pearson coefficient correlation was used to determine the association of hip circumference (HC) with LDL, HDL, VLDL, triglyceride (TG), total cholesterol (TC), uric acid (UA), glucose, LDL:HDL, TG:HDL, TC:HDL, systolic blood pressure (sBP) and diastolic blood pressure (dBP) (P<0.05). Results: There was positive and significant correlation between HC with dBP, LDL, VLDL, TC, TG, TC:HDL and TG:HDL (0.05). Conclusion: Unlike previous studies, this study did not show protective effect of larger hip circumference against atherosclerosis. Keywords: hip circumference, atherosclerosis, anthropometry.