Study: Waist-to-Hip Ratio Might Predict Mortality Better Than BMI

A patient's waist-to-hip ratio might be a more useful predictor of mortality than body mass index (BMI), according to results from 2 analyses involving 387,672 White British participants from the UK Biobank.

A higher waist-to-hip ratio was linked more strongly and consistently with an increased risk of death from any cause than BMI or fat mass index, another option for assessing fat distribution on the body. The second analysis, which used a method known as mendelian randomization, suggested that the association between waist-to-hip ratio and all-cause mortality is likely causal, the researchers reported in JAMA Network Open.

The study joins mounting evidence that BMI, which is based on a person's height and weight and doesn't account for body composition, might not be the best stand-alone predictor of mortality risk. — Emily Harris

Published Online: October 4, 2023


Note: Source references are available through embedded hyperlinks in the article text online.