日本人労働者における過体重者（23.0-24.9 BMI）の循環器疾患危険因子保有の状況

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Objective: It has been suggested that Japanese categorized as having normal weight (BMI ≤25.0) as defined by WHO (2000) have a tendency toward increased incidences of dyslipidemia and diabetes. Our objective was to assess the suitability for Japanese of the Regional Office for Western Pacific Region of WHO criteria pertaining to obesity (WPRO criteria, 2000) by analyzing cardiovascular risk factors relative to gender and age in overweight Japanese with BMI of 23.0-24.9. Research methods: A total of 3,977 Japanese aged 20-69 years (2,684 men and 1,293 women) participated in a community setting and cross-sectional study. BMI and obesity-related diseases (cardiovascular disease, hypertension, dyslipidemia and diabetes) or cardiovascular risk factors (blood pressure, plasma levels of total cholesterol, LDL-cholesterol, HDL-cholesterol, triglyceride, Lp(a), glucose, HbAlC, uric acid, white blood cell count, AST, ALT and g-GTP) were compared by BMI classes and by gender and age group. Results: The subjects were categorized as 22% “Overweight” (23.0-24.9 BMI), 18% “Obese I” (25.0-29.9 BMI) and 2% “Obese II” (over 30.0 BMI), all based on WPRO criteria. Graded increases in BMI classes based on these WPRO criteria were positively associated with a prevalence of obesity-related diseases, and frequency and values of cardiovascular risk factors, and the “Overweight” had a significantly higher risk of cardiovascular disease than did the “Normal” subjects. Conclusion: While a relationship between BMI and cardiovascular risk factors is gender- and age-specific, our investigation, highlighting the increasing risks of “Overweight” with a BMI of 23.0 - 24.9, suggests that WPRO criteria are more relevant and therefore suitable for Japanese.