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# **International Task Force for Prevention Of Coronary Heart Disease**

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## *Coronary heart disease and stroke: Risk factors and global risk*

### *Slide Kit 2*

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PROCAM  
(**P**rospective **C**ardiovascular **M**ünster Heart Study)

## **Body mass index and cardiovascular risk factors**

The slides in this slide kit show the relationship between various risk markers and body mass index in each age group of men and women. Note that certain variables such as systolic and diastolic blood pressure both increase with age and with body mass index, whereas other variables such as the cholesterol/HDL-cholesterol ratio increase only with body mass index.

## TABLE OF CONTENT

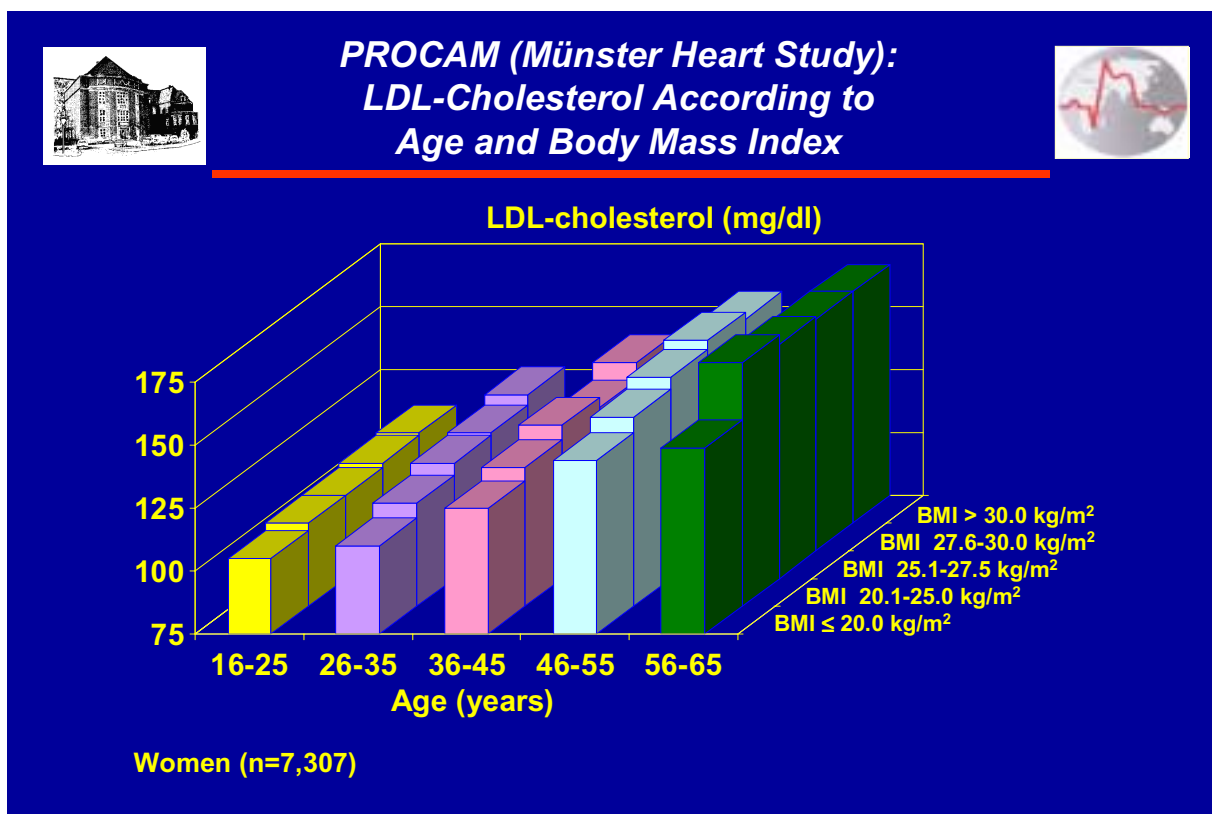
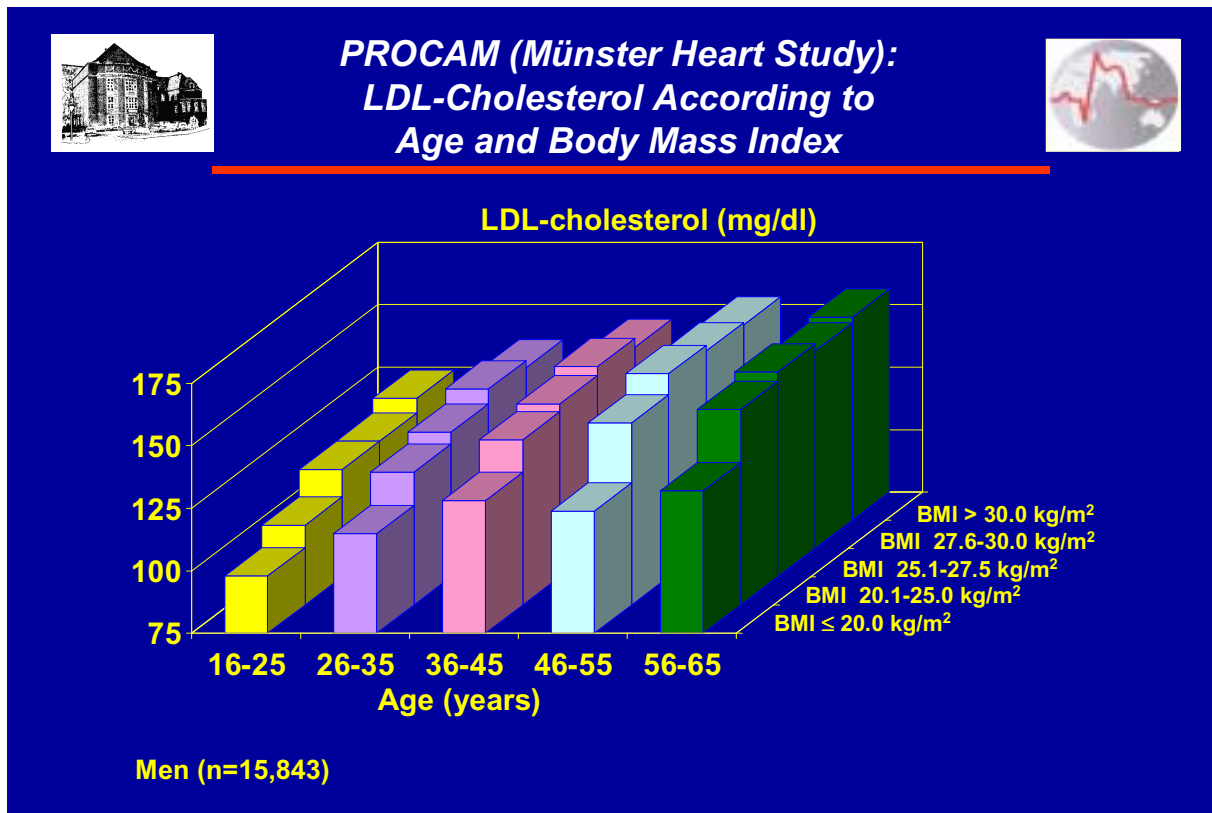
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Slide 1: <b>LDL-Cholesterol According to Age and Body Mass Index</b>	3
Slide 2: <b>HDL-Cholesterol According to Age and Body Mass Index</b>	4
Slide 3: <b>Total Cholesterol According to Age and Body Mass Index</b>	5
Slide 4: <b>Cholesterol/HDL-Cholesterol Ratio According to Age and Body Mass Index</b>	6
Slide 5: <b>LDL-Cholesterol/HDL-Cholesterol Ratio According to Age and Body Mass Index</b>	7
Slide 6: <b>Triglycerides According to Age and Body Mass Index</b>	8
Slide 7: <b>Diastolic Blood Pressure According to Age and Body Mass Index</b>	9
Slide 8: <b>Systolic Blood Pressure According to Age and Body Mass Index</b>	10
Slide 9: <b>Fasting Blood Glucose According to Age and Body Mass Index</b>	11
Slide 10: <b>Body Mass Index According to Age</b>	12
Slide 11: <b>CHD risk According to Body Mass Index in the PROCAM study</b>	13
Slide 12: <b>Age-standardized death rates and body weight in PROCAM</b>	14
Slide 13: <b>Age-standardized death rates and body weight among non-smoking men in PROCAM</b>	15
Slide 14: <b>Age-standardized death rates and body weight among smoking men in PROCAM</b>	16

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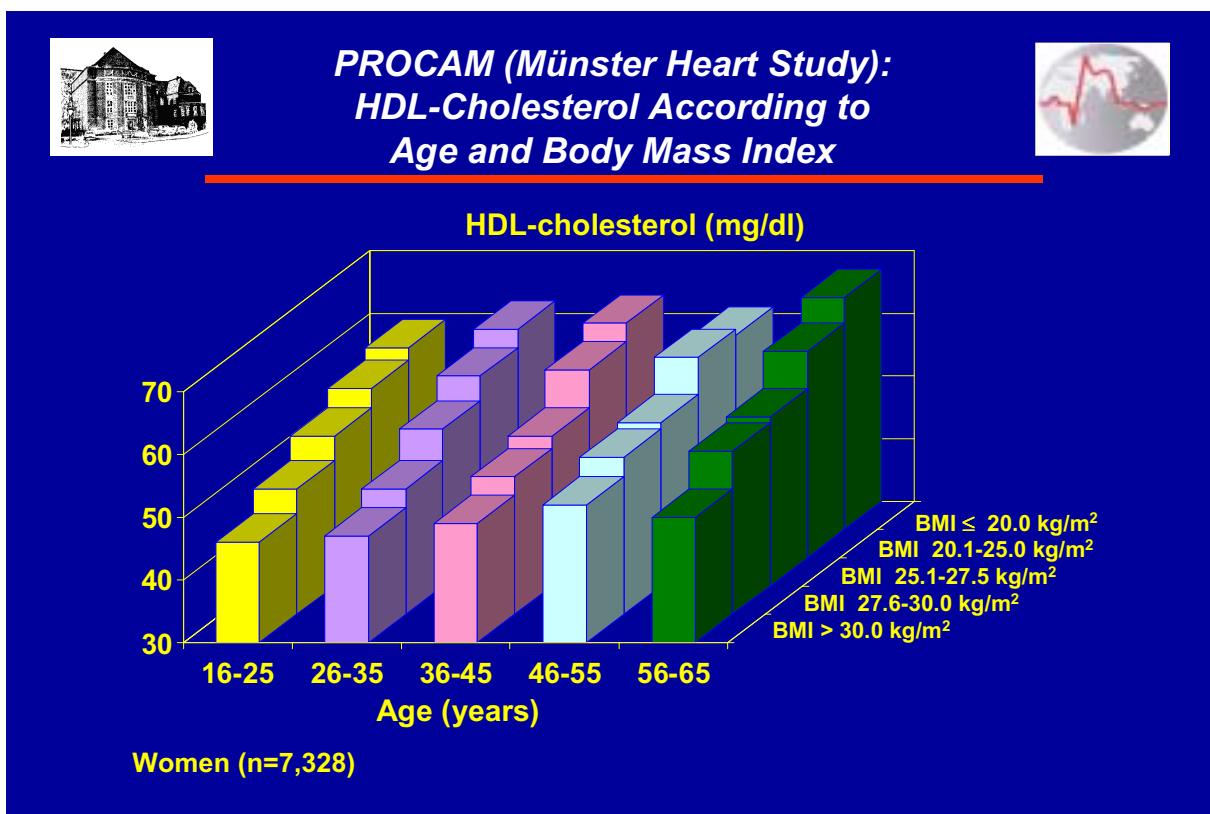
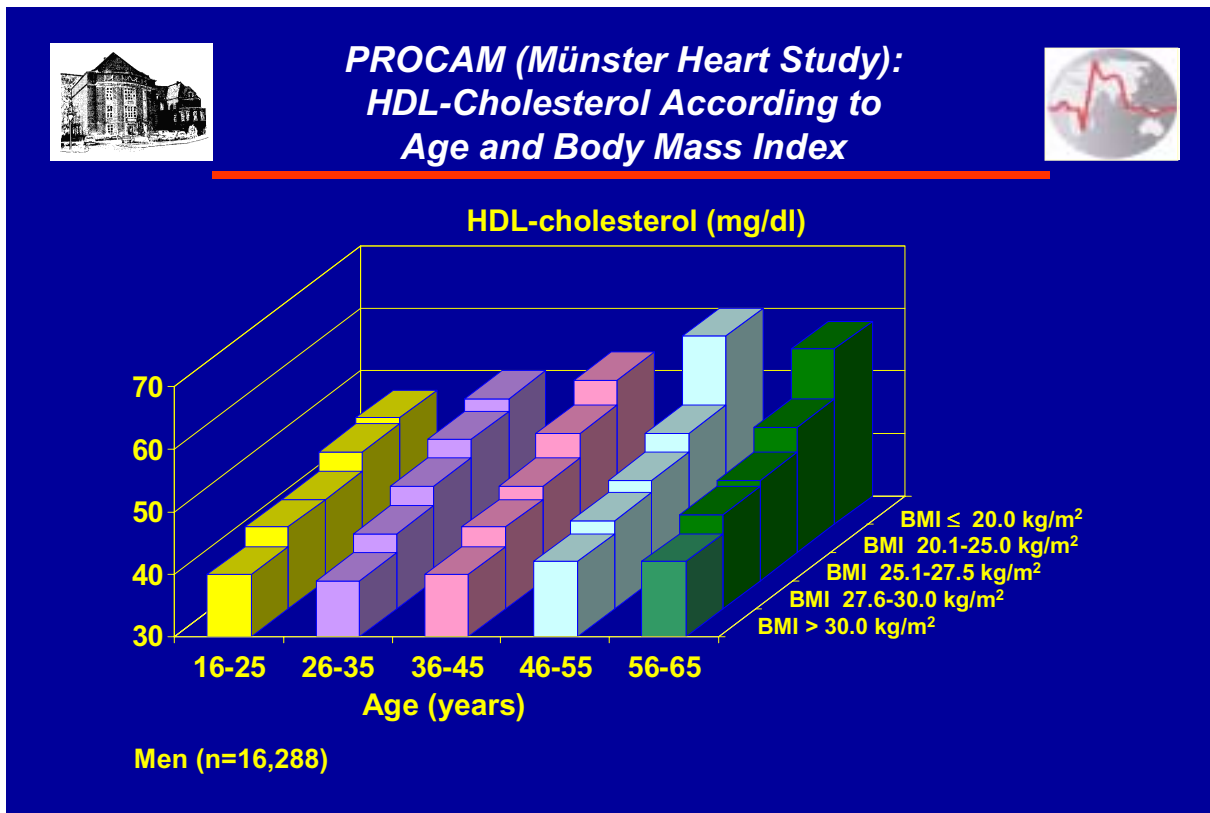
Slide 1:

## PROCAM (Münster Heart Study): LDL-Cholesterol According to Age and Body Mass Index



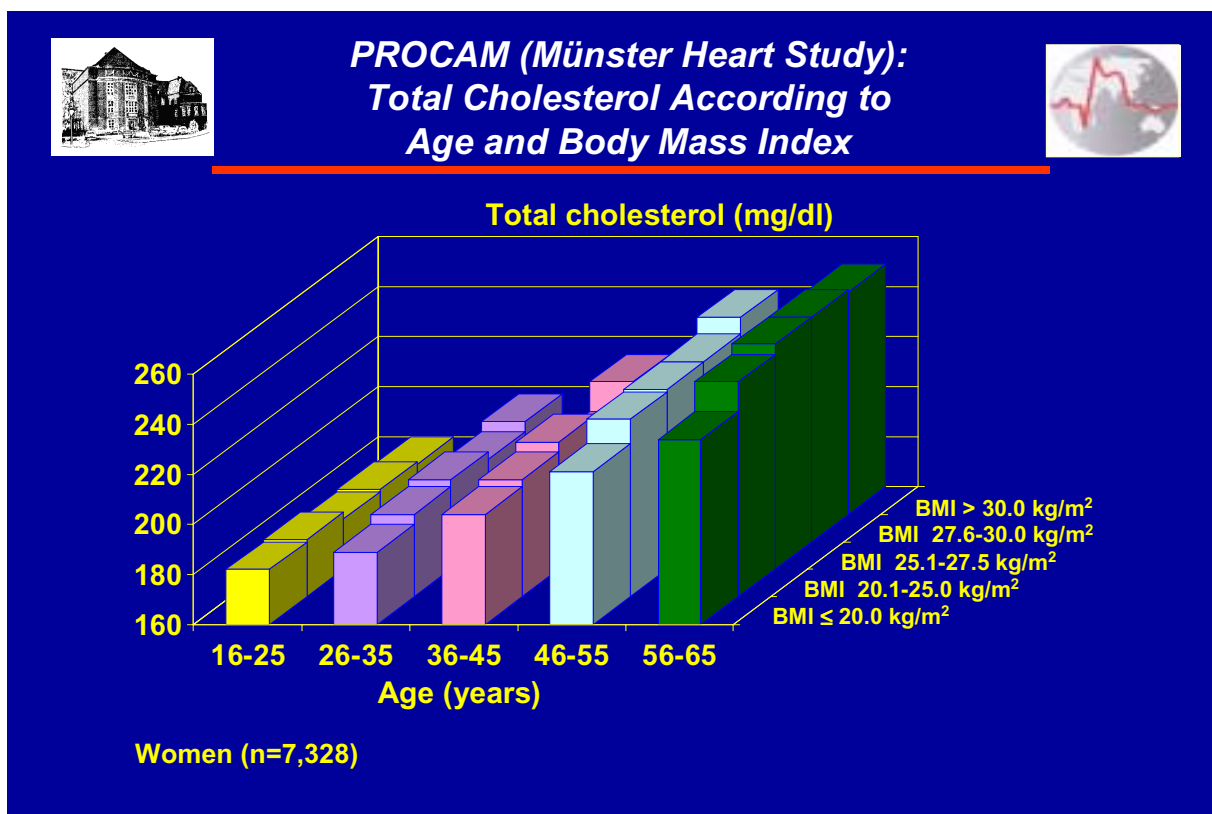
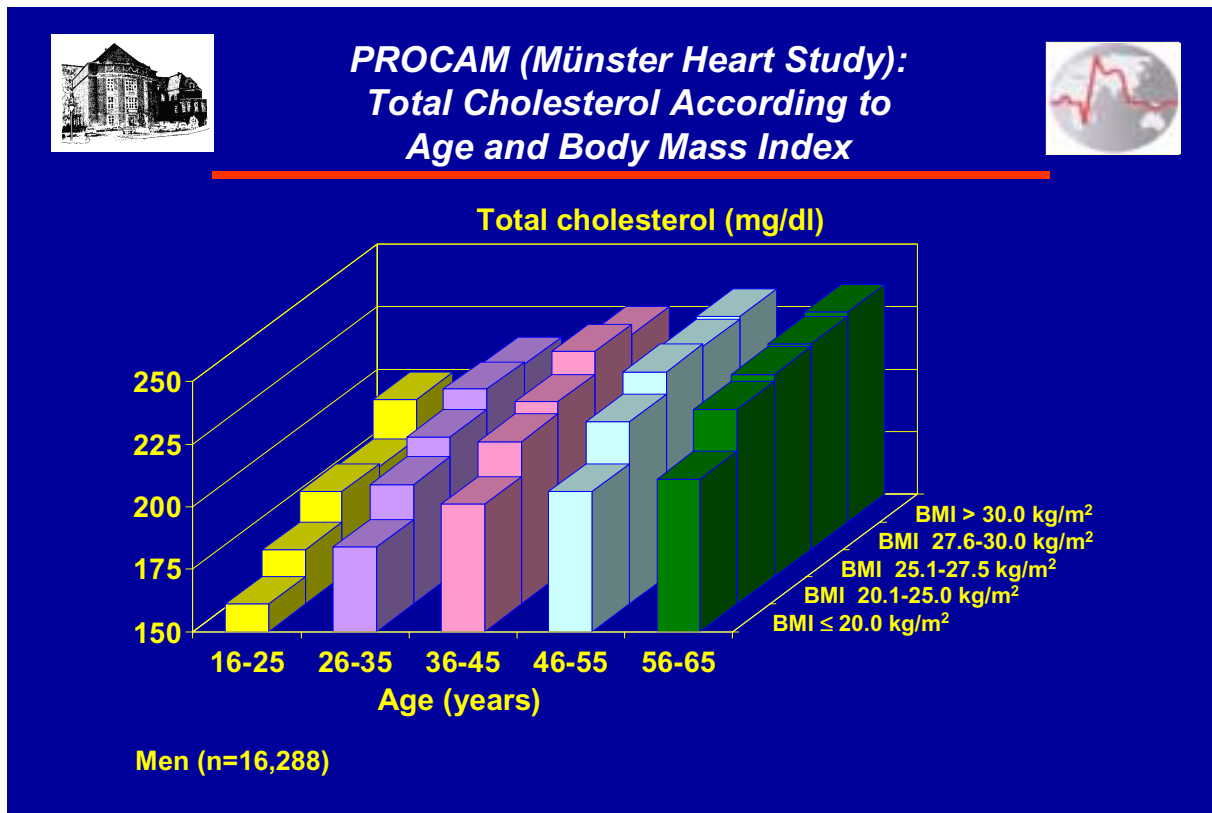
Slide 2:

## PROCAM (Münster Heart Study): HDL-Cholesterol According to Age and Body Mass Index



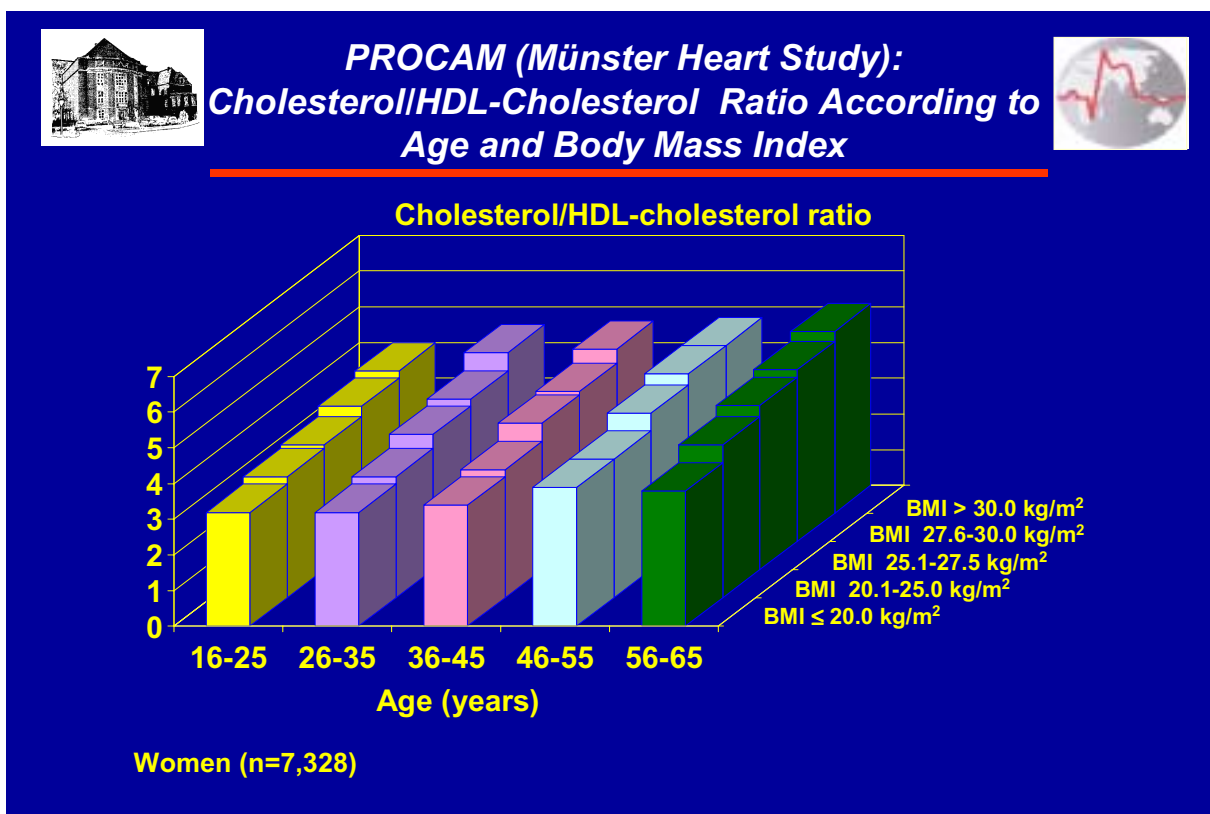
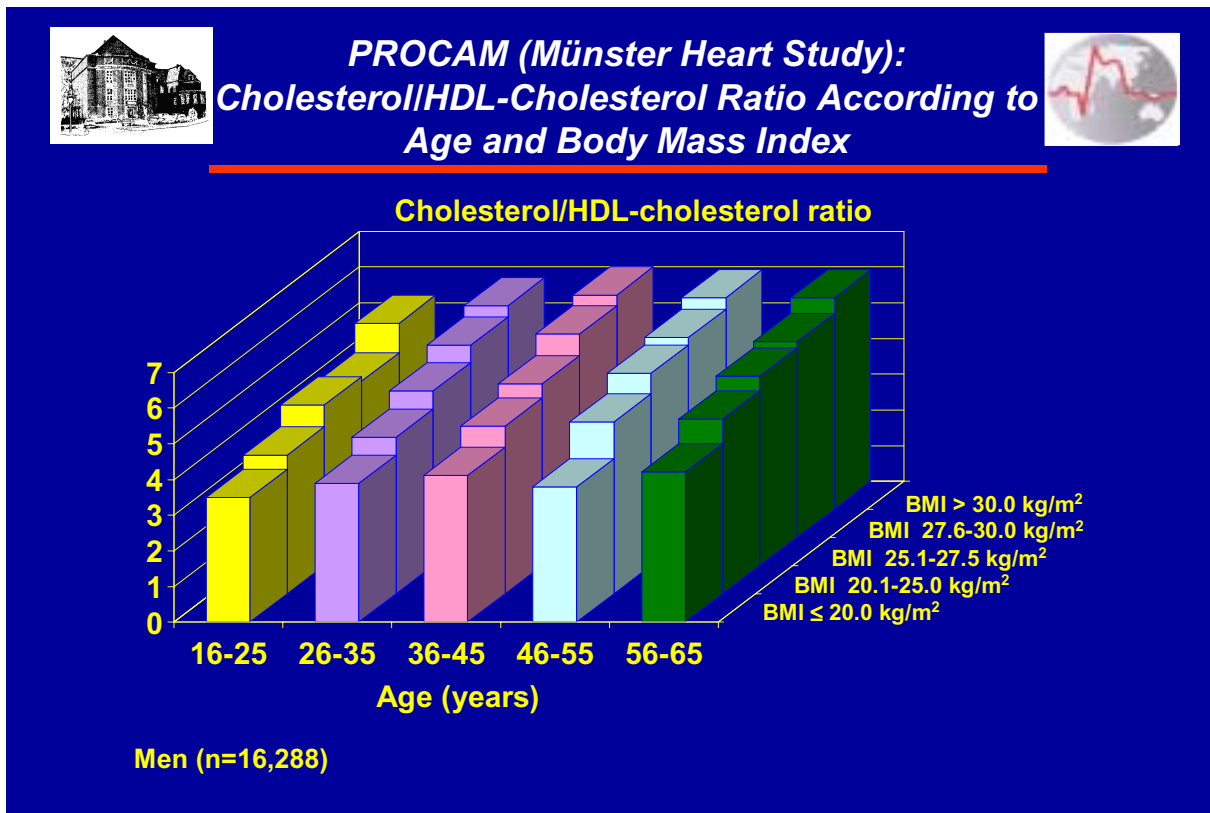
Slide 3:

### PROCAM (Münster Heart Study): Total Cholesterol According to Age and Body Mass Index



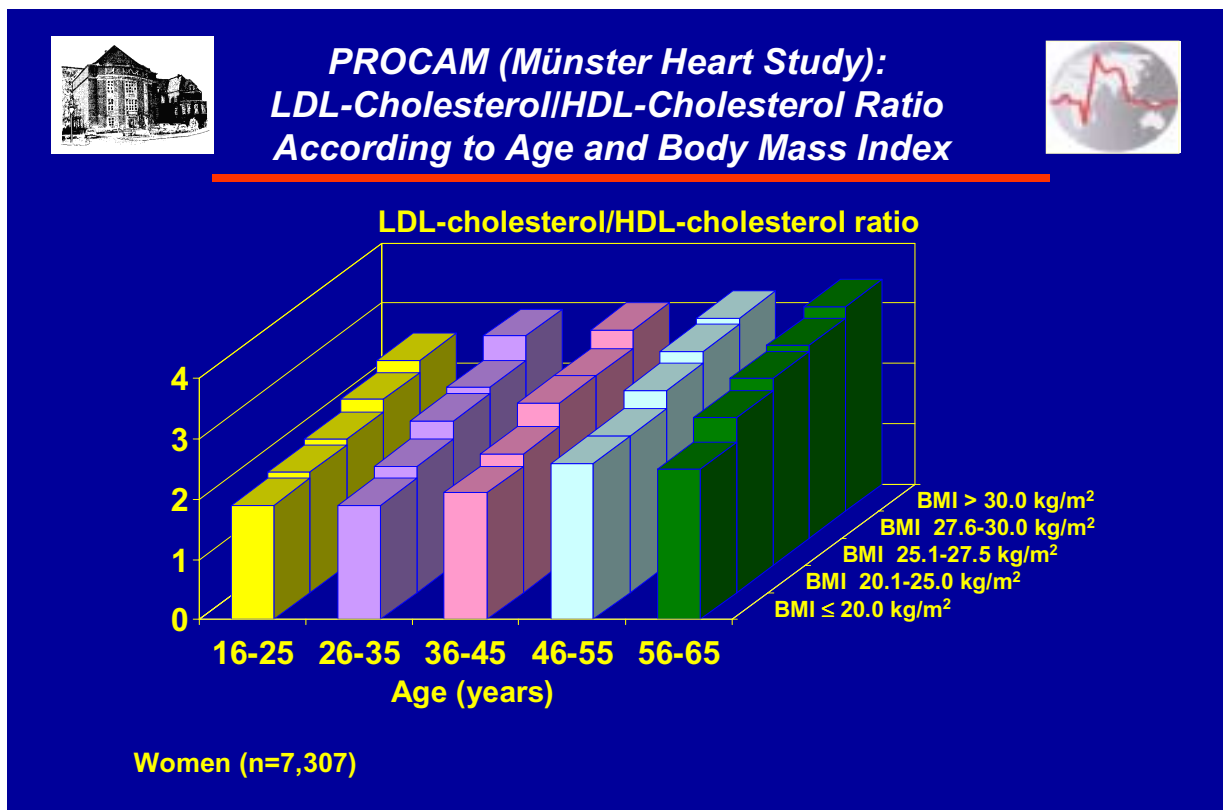
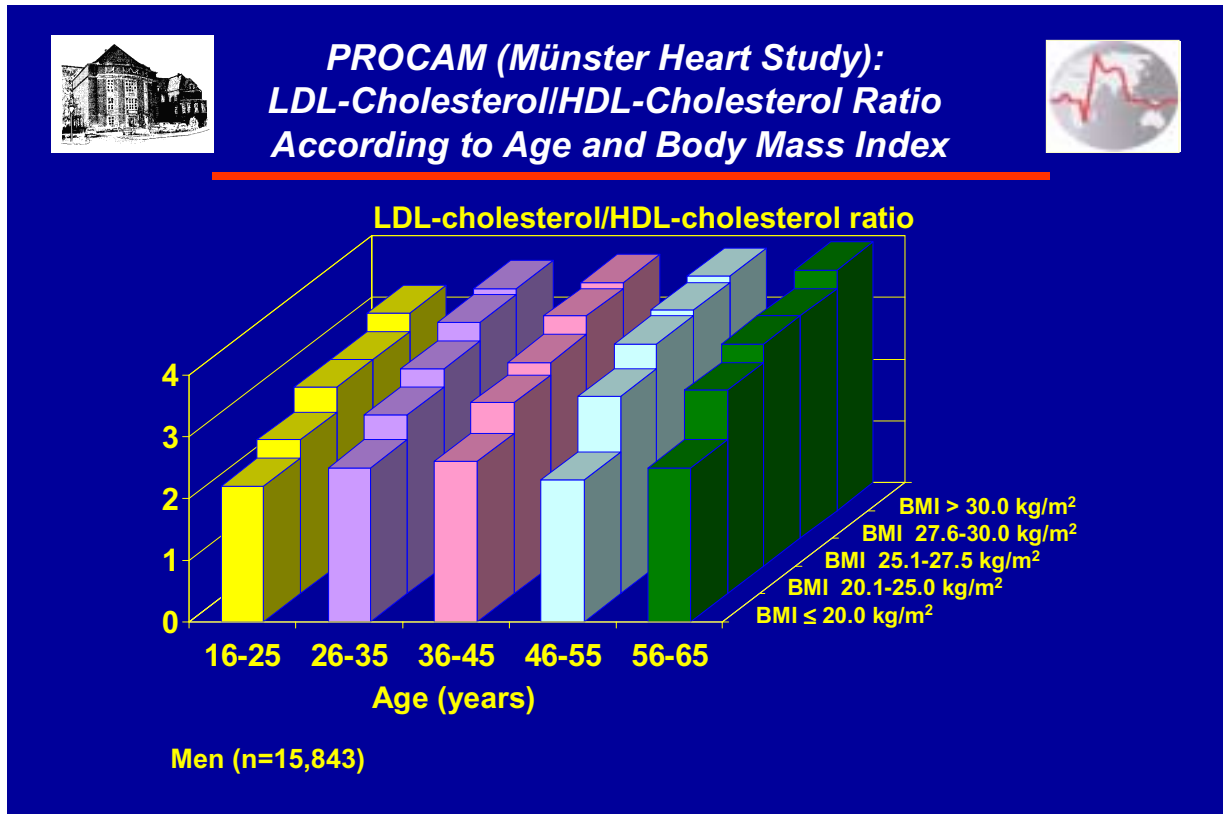
Slide 4:

## PROCAM (Münster Heart Study): Cholesterol/HDL-Cholesterol Ratio According to Age and Body Mass Index



Slide 5:

## PROCAM (Münster Heart Study): LDL-Cholesterol/HDL-Cholesterol Ratio According to Age and Body Mass Index

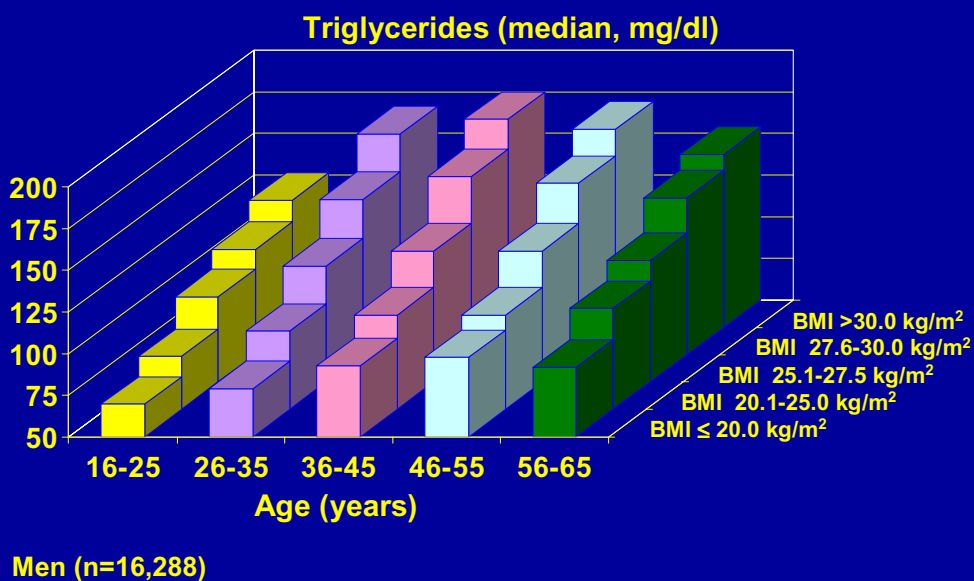


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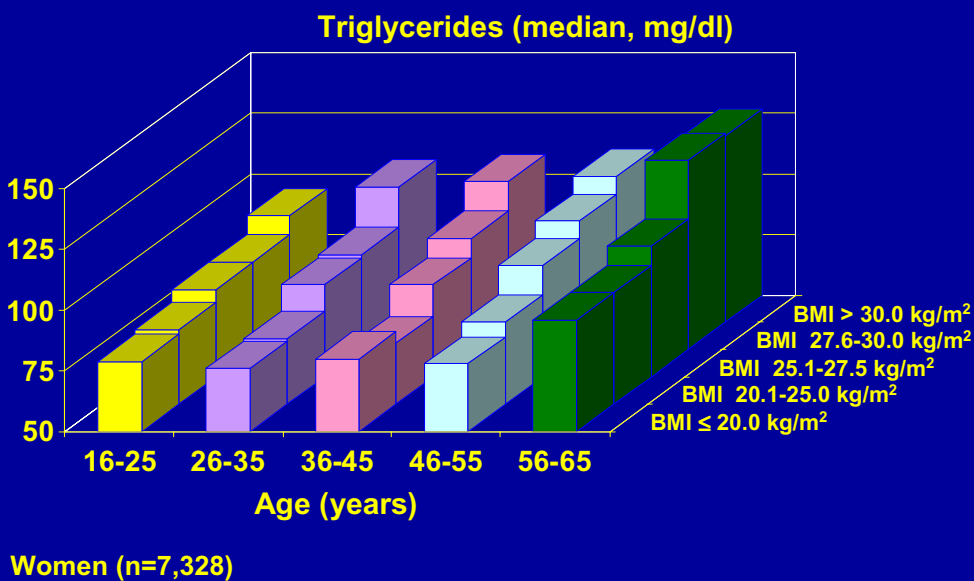
## PROCAM (Münster Heart Study): Triglycerides According to Age and Body Mass Index



### PROCAM (Münster Heart Study): Triglycerides According to Age and Body Mass Index

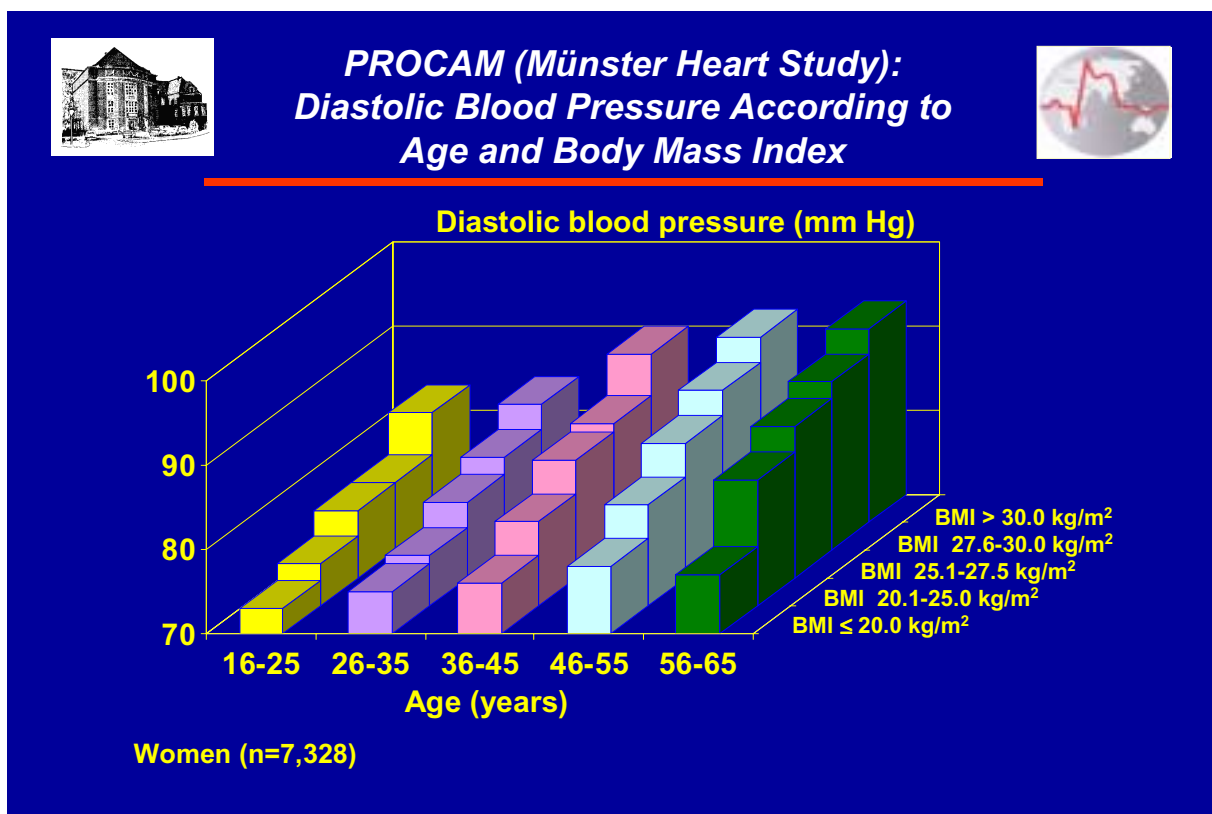
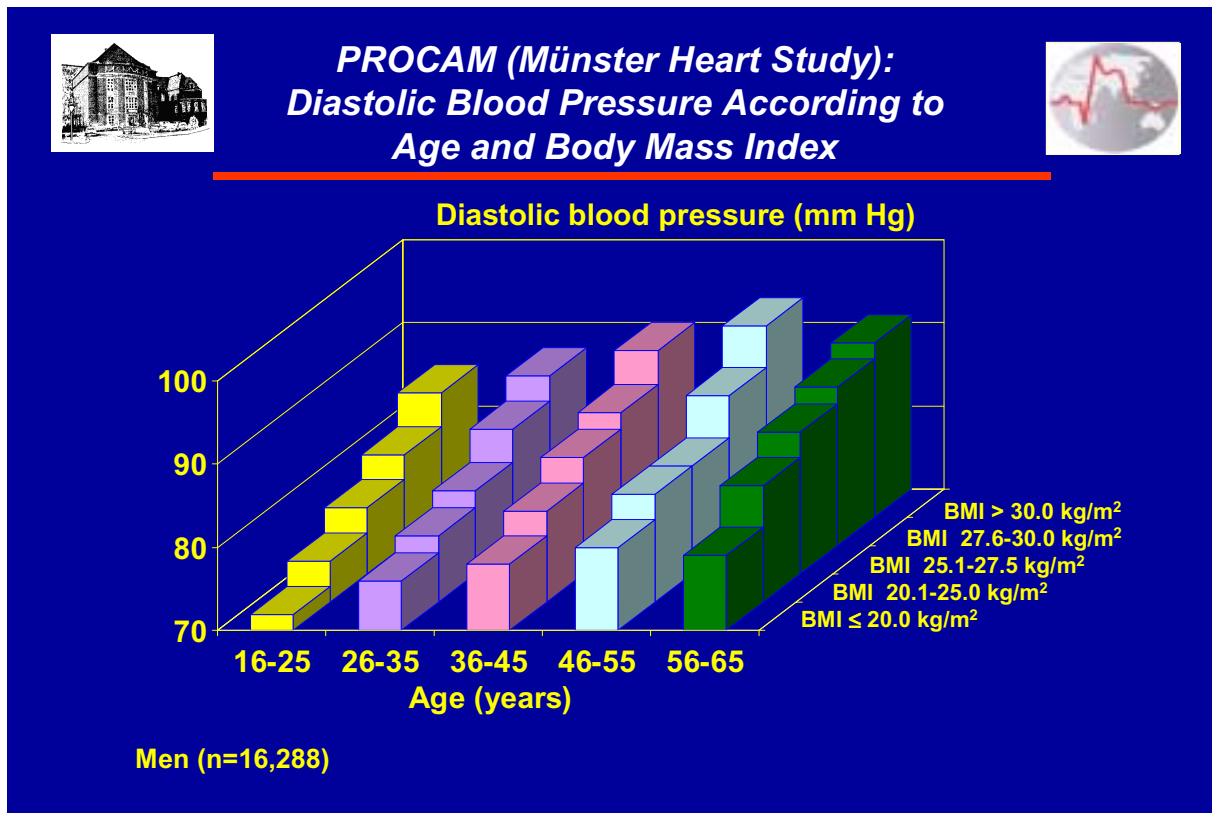


### PROCAM (Münster Heart Study): Triglycerides According to Age and Body Mass Index



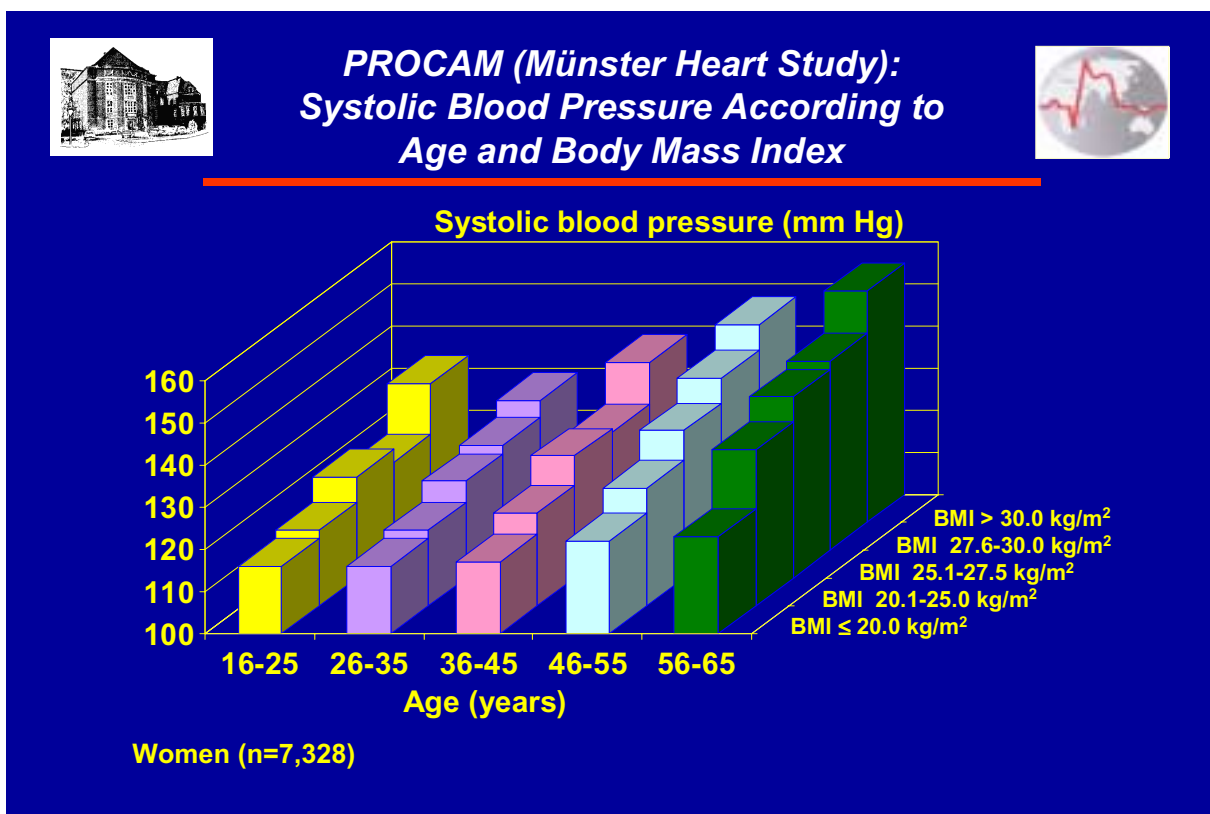
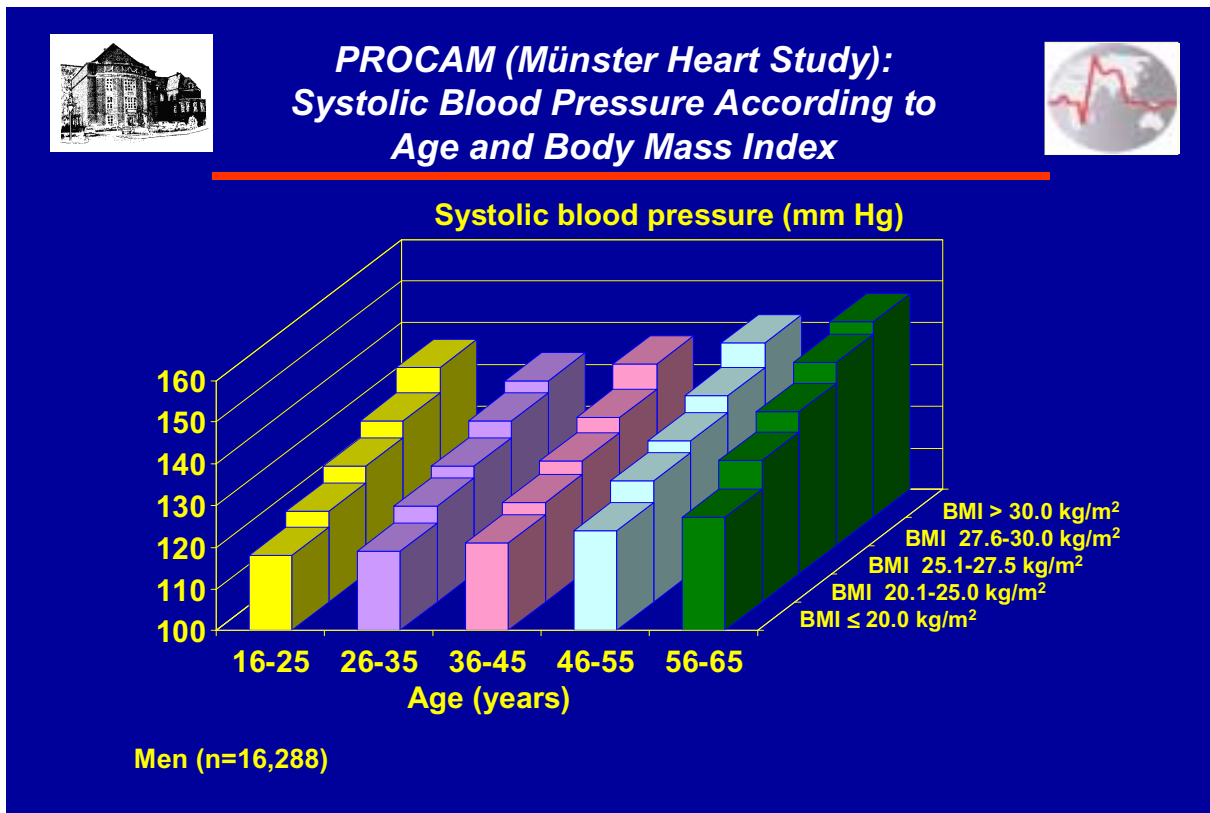
Slide 7:

## PROCAM (Münster Heart Study): Diastolic Blood Pressure According to Age and Body Mass Index



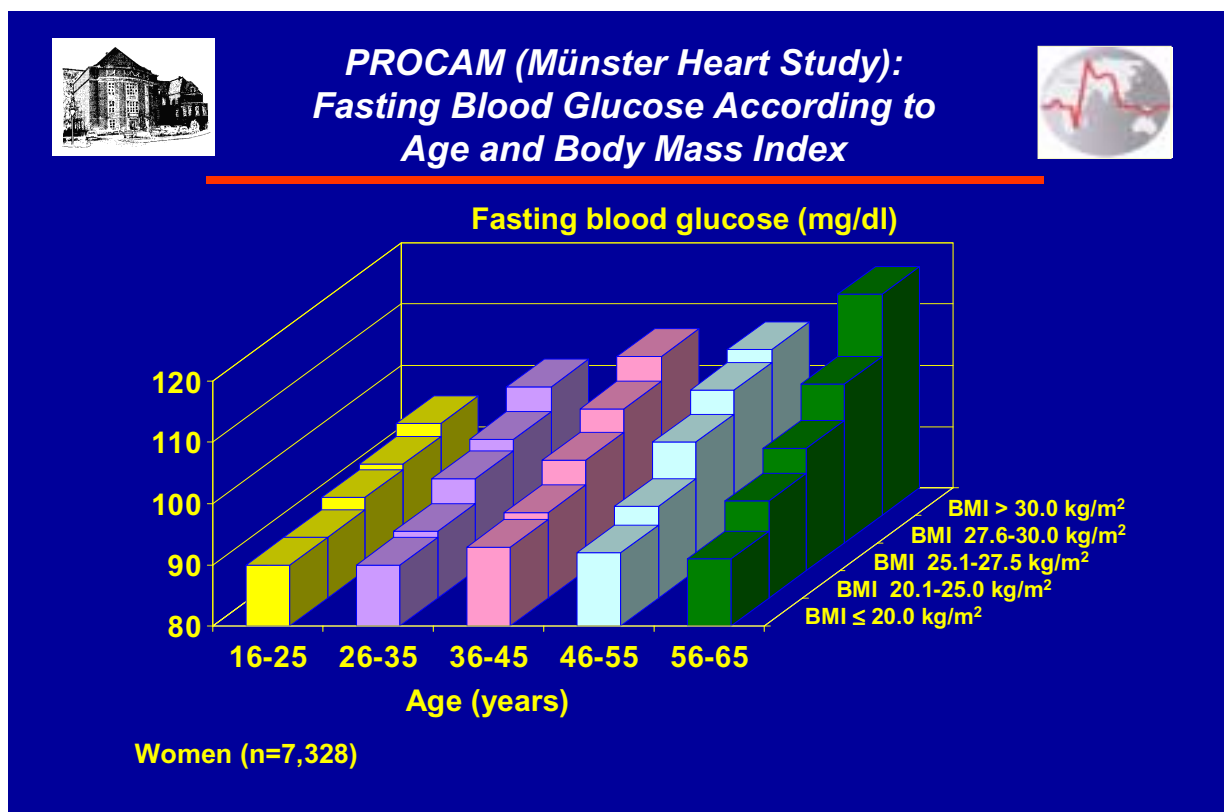
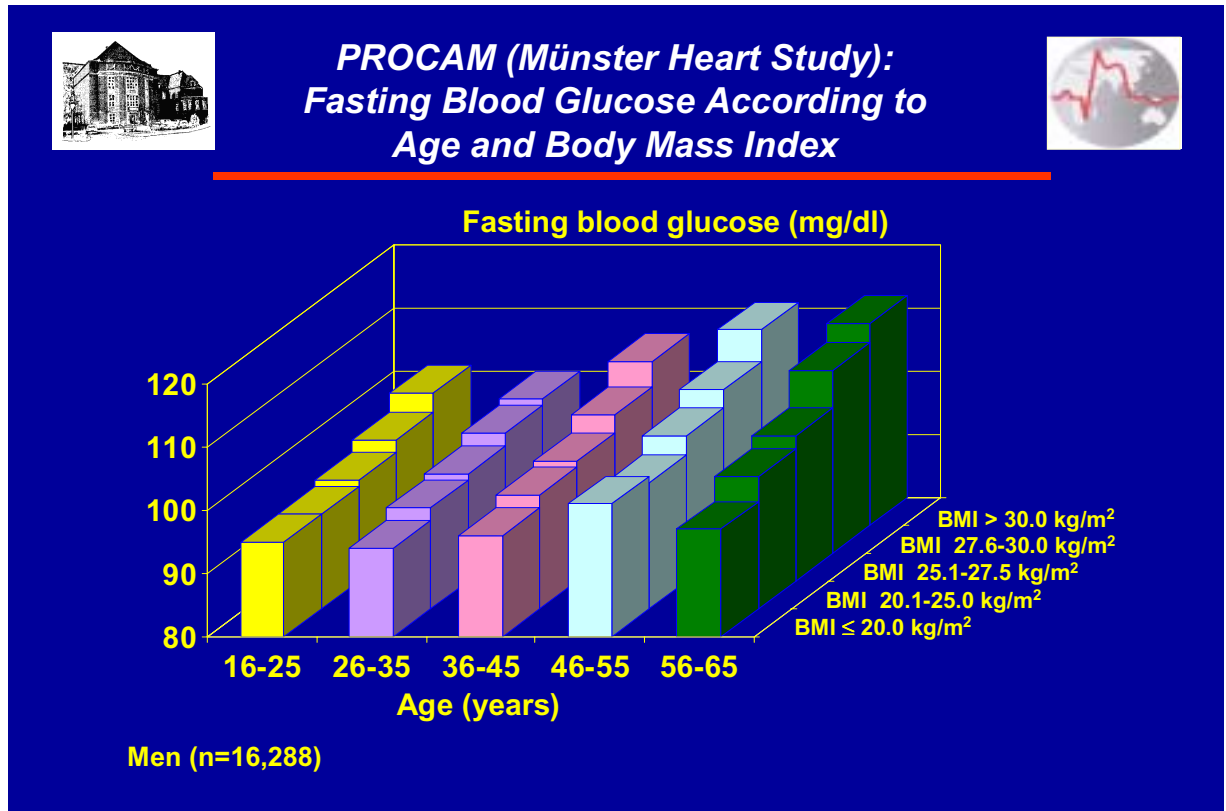
Slide 8:

**PROCAM (Münster Heart Study):  
 Systolic Blood Pressure According to Age and Body Mass Index**



Slide 9:

## PROCAM (Münster Heart Study): Fasting Blood Glucose According to Age and Body Mass Index



Slide 10:

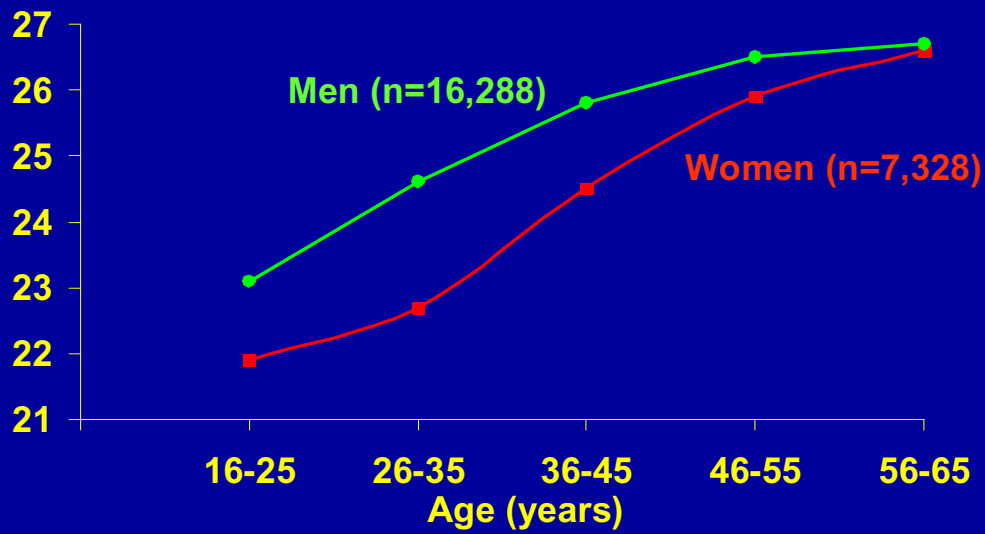
**PROCAM (Münster Heart Study):  
Body Mass Index According to Age**



**PROCAM (Münster Heart Study):  
Body Mass Index According to Age**

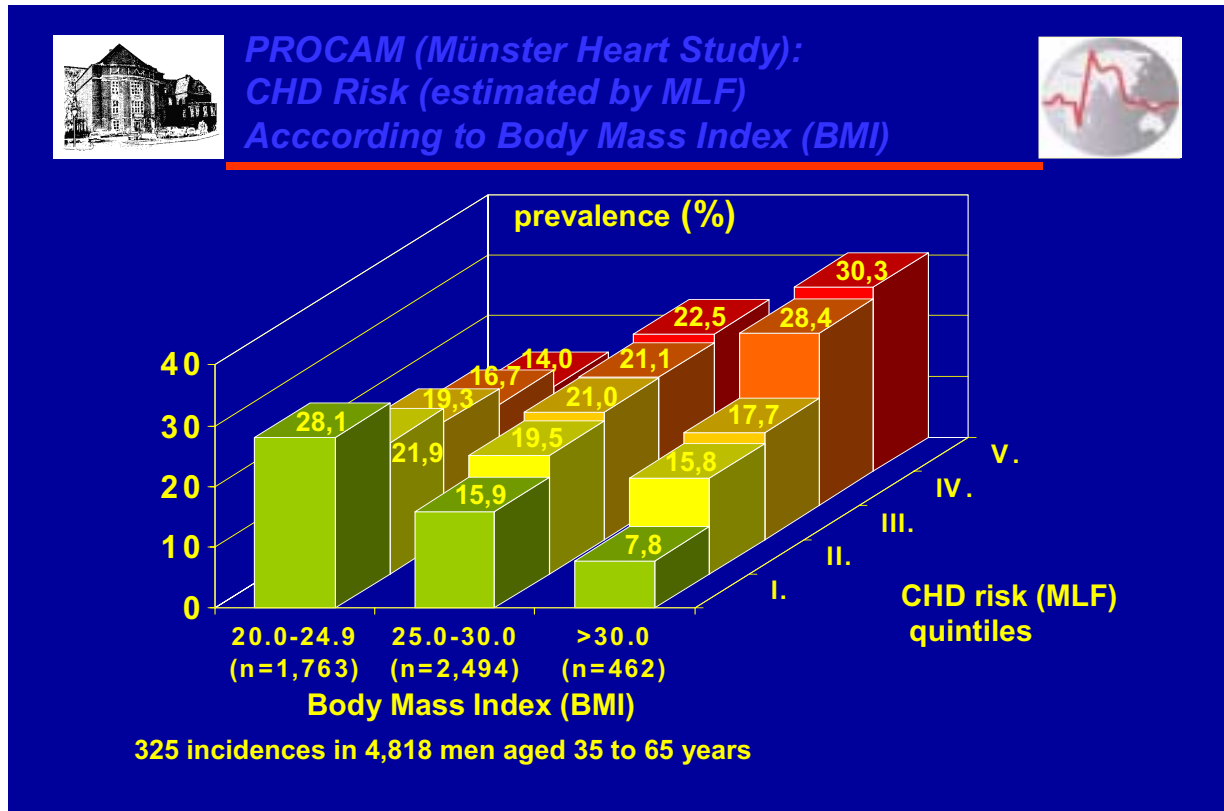


**Body Mass Index (kg/m<sup>2</sup>)**



Slide 11:

## PROCAM (Münster Heart Study): CHD risk According to Body Mass Index in the PROCAM study

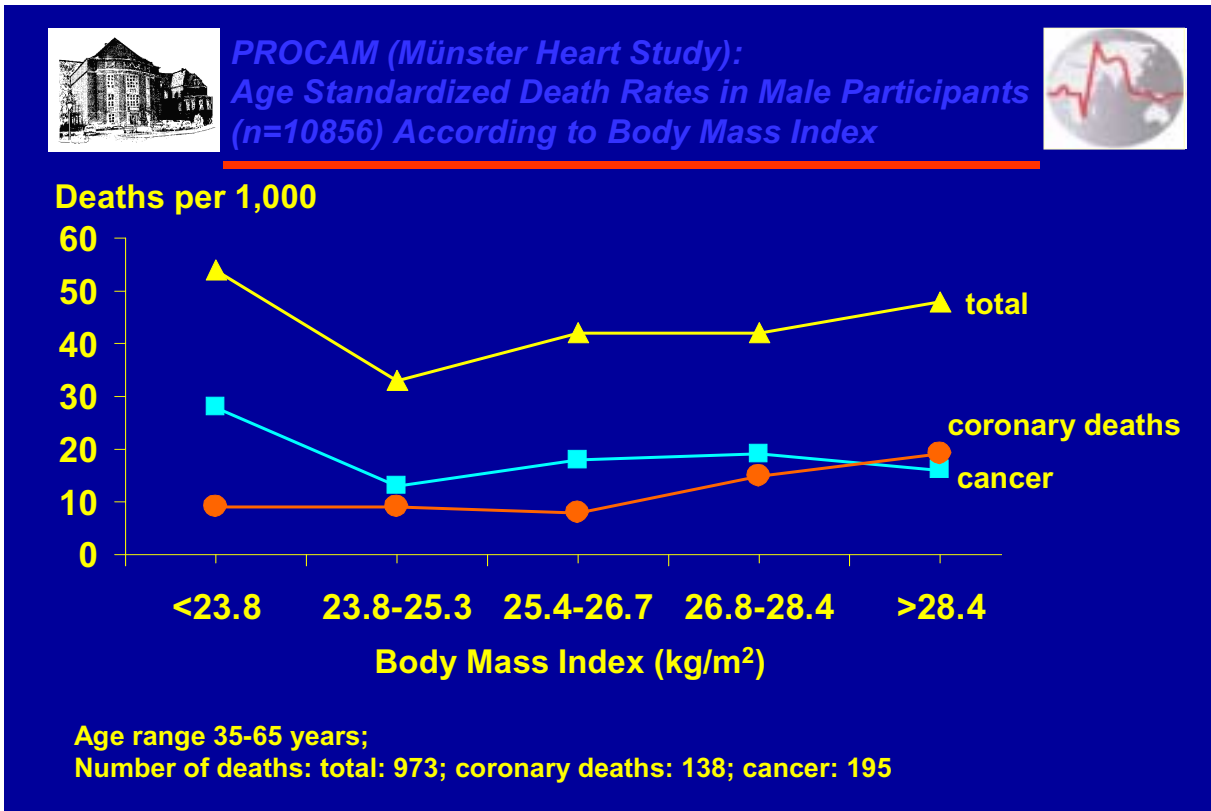


### CHD risk according to Body Mass Index in the PROCAM study

This slide shows the relationship between Body Mass Index and CHD risk among middle-aged men in PROCAM. The main message of this data is that lean men tended to be at low CHD risk, while overweight men tended to be at high risk. However this distinction is not very clear-cut. For example, 7,8% of the overweight men were in the lowest quintile of risk, while fully 14% of the lean men were in the highest risk quintile.

Slide 12:

## PROCAM (Münster Heart Study): Age-standardized death rates and body weight in PROCAM

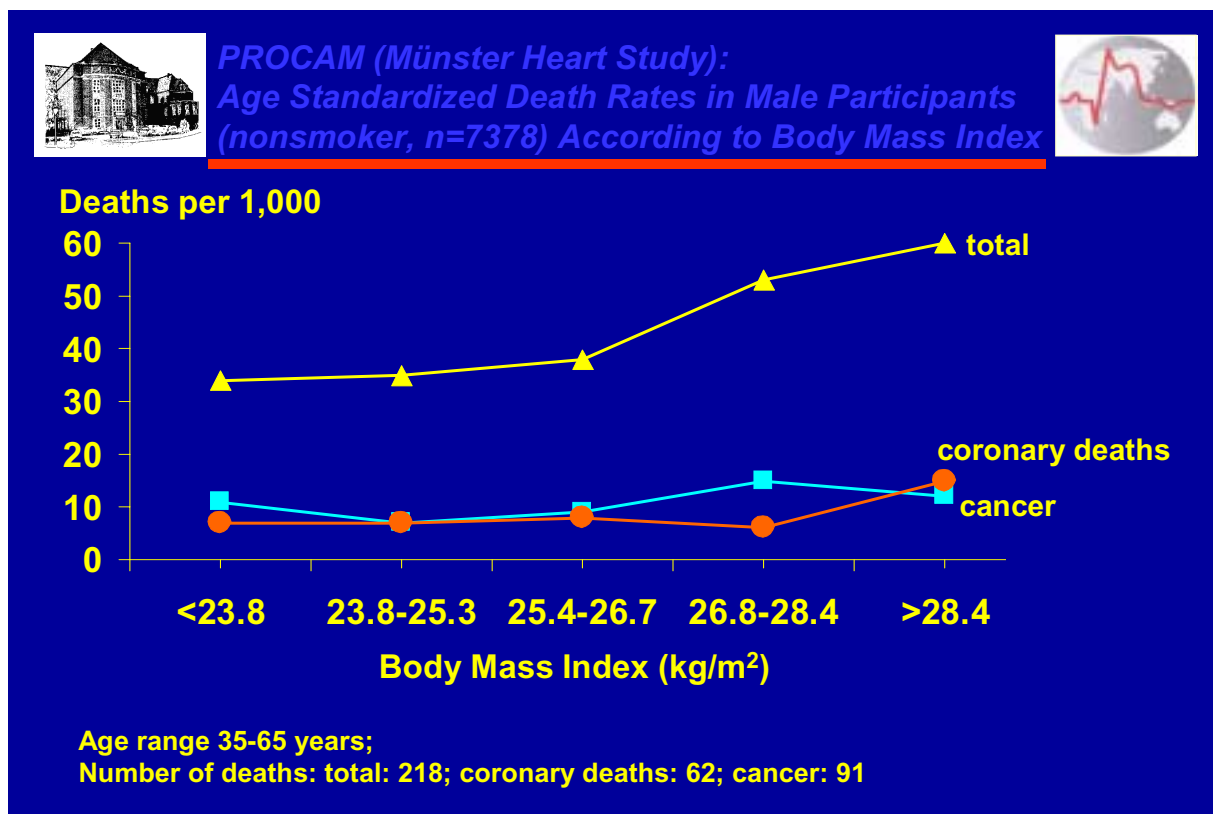


### Age-standardized death rates and body weight in PROCAM

This slide shows relationship between total mortality, cancer mortality and CHD mortality rates and Body Mass Index among middle-aged men in PROCAM. The overall mortality showed a J-shaped relationship to Body Mass Index; excess mortality in lean men being explained largely by cancer and in overweight men by coronary heart disease.

Slide 13:

**PROCAM (Münster Heart Study):  
Age-standardized death rates and body weight among non-smoking  
men in PROCAM**



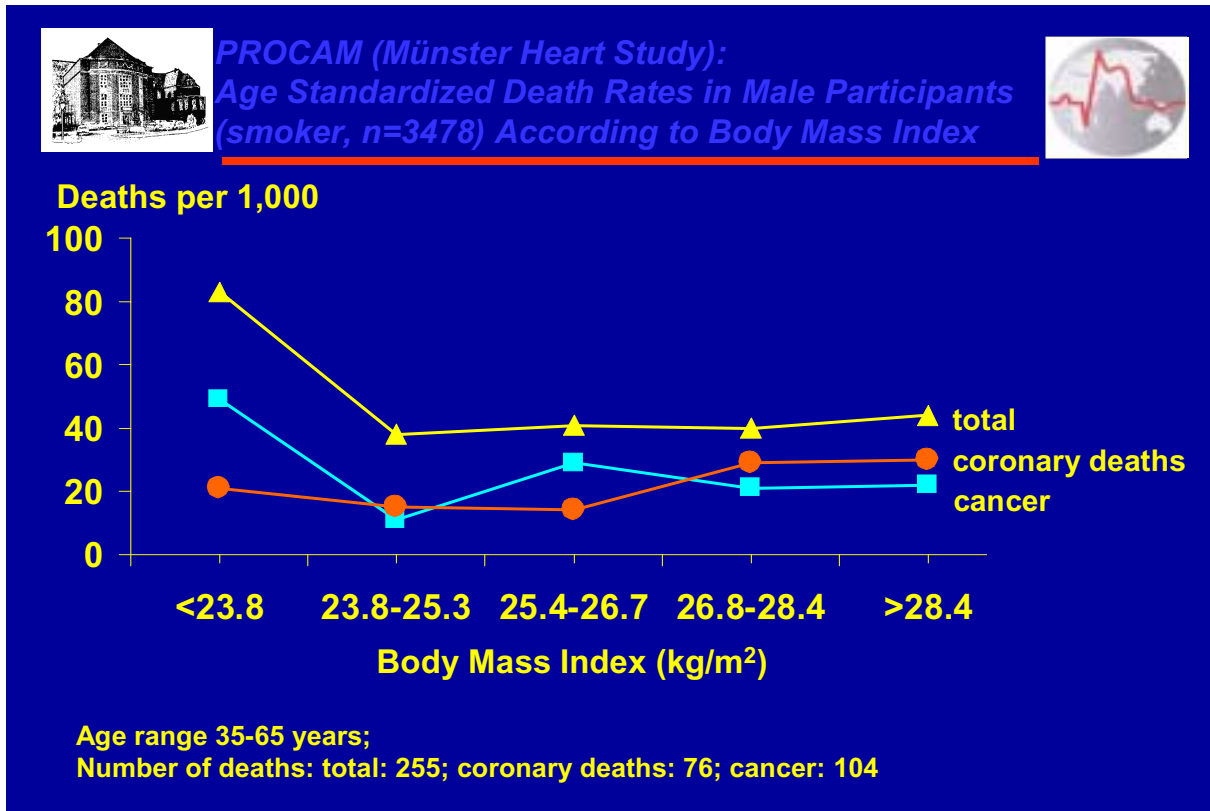
**Age-standardized death rates and body weight among non-smoking men in PROCAM**

This slide shows the same relationship as slide 12, but includes only non-smoking men. The difference to the overall data shown in slide 12 is striking: among the non-smoking men, there is no increase in cancer or overall mortality among lean men.

Slide 13:

## PROCAM (Münster Heart Study):

### Age-standardized death rates and body weight among smoking men in PROCAM



#### Age-standardized death rates and body weight among smoking men in PROCAM

This slide shows the same as slide 12, but includes only men who smoked. Here also, the difference to the overall data shown in slide 12 is striking: the smokers showed a striking increase in cancer mortality at low body weight. These cancers were mainly smoking related, such as carcinoma of the bronchus or the larynx.