



Home	Earth	Heavens	Body	Brain	Culture	Tech
------	-------	---------	------	-------	---------	------

Obese people can be metabolically healthy and in good shape

posted on: september 20, 2012 - 2:30pm

 **Share / Save**

   ...

**Tweet**

**Me gu**

A person can be obese and metabolically healthy at the same time, which means that this person will have the same mortality risk for heart disease or cancer that people of normal weight. This is the conclusion of a study published in the prestigious journal *European Heart Journal* [1].

"Obesity is associated with a large number of chronic diseases as heart diseases or cancer. However, there is a group of obese people that do not suffer the metabolic complications associated with obesity", the author of the study, Prof. Francisco B.Ortega, explains.

Prof. Ortega is currently working as a researcher and professor at the University of Granada Department of Physical Education, and at the Karolinska Institut Department of BioSciences and Nutrition in Sweden. Prof. Ortega conducted this study during his professional stay at the University of South Carolina (USA), in collaboration with Prof. Steven N. Blair, one of the most renowned researchers in the world in the field of physical activity, fitness and health. Prof. Blair is the coordinator of the Aerobics Center Longitudinal Study (ACLS), which includes more than 43,000 people followed-up either for 15 years or until their death,

Prof. Ortega et al. observed in their study that between 30-40% of obese patients were metabolically healthy. "We made two findings: firstly, metabolically-healthy obese people exhibited better cardiorespiratory fitness –or aerobic fitness-. Secondly, this subgroup has a lower mortality risk rate for heart disease or cancer than other obese people, and has the same mortality risk than people of normal weight."

"This study concludes that, regardless of body weight and fat, people with better aerobic fitness have a lower risk for heart or cancer disease and death", Dr. Ortega states.

"This finding means that a more accurate prognosis of the risk for heart or cancer disease in obese people can be achieved if health professionals assess the lipid profile, BMI and fitness of their obese patients.

Source: [University of Granada](#)

Post new comment

Your name: \*

E-mail: \*

The content of this field is kept private and will not be shown publicly.

Homepage:

Comment: \*


- Allowed HTML tags: <em> <strong> <cite><p><br><i><b><center><ul><li><div><html5:figure><html5:figcaption>
- Lines and paragraphs break automatically.

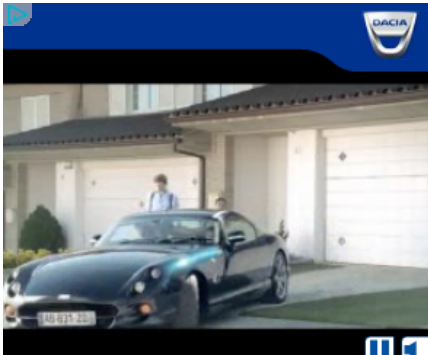
[More information about formatting options](#)

CAPTCHA  
Sorry, we know you're not a spambot, but they're out there



45.16

Escribe las dos palabras: 



■ ■ ■ ■ ■  
**A BRASH POLEMIC THAT  
BLOWS THE LID OFF  
PROGRESSIVES' EXTENSIVE,  
INSIDIOUS, AND  
UNDERREPORTED BATTLE  
AGAINST BASIC SCIENCE**  
■ ■ ■ ■ ■

Similar Articles On This Topic:

- Some obese individuals appear 'metabolically healthy,' without increased cardiovascular risk
- LSUHSC research identifies differences in metabolic disease markers in healthy & obese 7-to-9-year-olds
- Obese children metabolize drugs differently than healthy weight children
- First clinical trial of resveratrol shows metabolic shift in obese people
- Aspirin-like compounds increase insulin secretion in otherwise healthy obese people

Popular Today:

- Cause of diabetes may be linked to iron transport
- Commercial weight loss program evaluated
- Climate change to fuel northern spread of avian malaria, study finds
- NASA's solar fleet peers into coronal cavities
- How the cheetah got its stripes: A genetic tale by Stanford researchers





Preview comment

Post comment

- [Is A Hamburger Really Worse For Pollution Than A Diesel Truck?](#)
- [Beneficial FADS Mutations Preceded Migration Of Modern Humans](#)
- [Recycling - A 13,000 Year Old Tradition](#)
- [James Madison - A Prescient President.](#)
- [MACS 1149-JD1: Did Dark Matter Cause Detection Of Galaxy From The Universe's 'Nursery' Stage?](#)



Recent Articles:

- [Light squeezed on a quantum scale](#)
- [Physicists reveal striking similarities in sporting performance](#)
- [Sleep apnea in obese pregnancy women linked to poor maternal and neonatal outcomes](#)
- [Study shows ancient relations between language families](#)
- [How bumblebees find efficient routes without a GPS](#)

[more](#)

Create Your Own Releases:



- [Anti-GM Study Draws Skepticism](#)
- [Why Bootleg Alcohol Can Kill](#)
- [Seductive Allure of Spider Webs](#)
- [How Copper Prevents Pregnancy](#)

---

We allow third-party companies to serve ads and/or collect anonymous information. These companies may use non-personally identifiable information (browser type, time and date) in order to provide advertisements about goods and services likely to be of greater interest to you. These companies typically use a cookie or third party web beacon to collect this information. To learn more about this behavioral advertising practice or to opt-out of this type of advertising, please visit [networkadvertising.org](http://networkadvertising.org).