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Are There Different Criteria Affecting Prevalence of Impaired Glucose Regulation as Cardiometabolic Risk Factors in Young Adults Other than BMI and Waist Circumference?

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Dear Editor,

I read with great interest the article by Alattar et al. [1], in which the prevalence of impaired glucose regulation was determined in an asymptomatic young Kuwaiti population. They also evaluated the correlation between impaired glucose regulation and body mass index (BMI) and waist circumference (WC). They found that impaired glucose regulation was significantly related to increased WC ($p = 0.021$) but not to increased BMI ($p = 0.181$). The authors concluded that WC, rather than BMI, may be a more appropriate screening tool to predict impaired glucose regulation in Kuwaiti youth. Obesity is a cardiometabolic risk factor and BMI may fail to represent obesity correctly in specific populations such as young adults [2, 3]. Therefore, the authors' conclusion is important in this respect.

However, I want to comment on two issues. First, the authors only performed univariate analysis between impaired glucose regulation and BMI and WC. I think that they could also do multivariate logistic regression analysis to find the independent predictors of impaired glucose regulation.

Secondly, a recent meta-analysis showed that waist-to-height ratio is superior to both BMI and WC for detecting cardiometabolic risk factors [4]. If the data is available, the authors could look at the relationship between impaired glucose regulation and waist-to-height ratio in this study population. To the best of our knowledge, waist-to-height ratio has not been investigated in Kuwaiti adults.

In conclusion, I congratulate the authors for their hard work and believe that this study will shed light on future studies.

References

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Editor's Note: The authors of the paper were asked to respond to the comment, but they chose not to do so.