# Study Reveals Elevated Cardiovascular Risks Linked to Long-Term Obesity in Younger Adults



**Research Highlights Increased Cardiovascular Risks for Long-Term Obesity Among Younger Individuals**

Early research indicates that individuals under the age of 50 who have been obese for a decade face a significantly higher risk of heart attack or stroke. Findings were presented at Endo 2024, the Endocrine Society’s annual meeting in Boston, United States.

The study shows that women younger than 50 with long-term obesity have up to a 60% increased risk of cardiovascular issues. For men under 65, the increased risk is up to 57%. This correlation was not observed in women over 50 or men over 65, noted Alexander Turchin, associate professor of medicine at Harvard Medical School.

The research team, which included members from the pharmaceutical company Eli Lilly, analyzed data from the Nurses’ Health Study (NHS) and Health Professionals Follow-Up Study (HPFS) involving 109,259 women and 27,239 men. Participants had an average age of 48.6 years and a body mass index (BMI) of 27 at the start of the study.

The study focused on individuals with a BMI greater than 25, classified as obese, at least once over a 10-year period between 1990 and 1999. The researchers sought to determine the long-term impact of obesity on cardiovascular health over the subsequent 20 years (2000-2020).

During the study, 6,862 individuals experienced plaque buildup in their arteries, and 3,587 developed type 2 diabetes. The follow-up in 2020 revealed 12,048 cardiovascular events, including heart attacks, strokes, or related deaths.

This research underscores the importance of timely obesity treatment to potentially prevent its complications, as emphasized by Prof. Turchin.