

Association of the waist-to-hip ratio is different with wine than with beer or hard liquor consumption

Bruce B. Duncan, L. E. Chambless, Maria Ines Schmidt, Aaron R. Folsom, Moyses Szklo, John R. Crouse III, and Myra A. Carpenter for the Atherosclerosis Risk in Communities Study Investigators

Specific alcoholic beverage associations with the waist-to-hip ratio were characterized in 12,145 African-American and white men and women ages 45-64 years. Estimated waist-to-hip ratios of those consuming more than six nonwine alcohol drinks/week and more than six wine drinks/week (vs. nondrinkers) were 0.007 larger (p less than 0.001) and 0.009 smaller (p less than 0.05), respectively. In similar comparisons, the odds ratios for a large waist-to-hip ratio were 1.4 (95% confidence interval 1.1-1.7) for nonwine and 0.45 (95% confidence interval 0.21-0.95) for wine intake. The opposite direction in adjusted associations for wine and nonwine (mainly beer) drinking supports the popular concept of the "beer belly."

Related to MS #059B