

()

WHtR WHR WC

mg/dL ≤

BMI

mg/dL ≤

ADA

%

Delong

BMI WHR WC WHtR

WHtR

(p< / / /)

BMI

WHtR

BMI

> BMI kg/m

BMI

≤ BMI kg/m

WHtR

BMI

/ / :

/ / :

/ / :

:

(WC)

(WHR)

(WHtR)

()

()

WHR

() () WC

WC WHR
(BMI)

WHtR

WHR

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HDL-C
 β

%

mg/dL \leq

<

mg/dL

\leq : mg/dL \leq mg/dL
 (IFG) (IGT)
 mg/dL mg/dL
 JNC VII
 mmHg \leq
 mmHg \leq
) (:
) / SPSS
 (:
 . t
 /

(=)	(=)	()
/ ± / †	/ ± /	BMI (kg/m)
/ ± / †	/ ± /	WC (cm)
/ ± / †	/ ± /	WHR
/ ± / †	/ ± /	WHtR
/ ± / †	/ ± /	HDL (mg/dL)
± †	±	(mg/dL)
(/) †	(/)	
(/) †	(/)	
†		*
(/) †	(/)	
(/) †	(/)	
†		†
(/)	(/)	
(/)	(/)	

: † / mmHg ≤ *
 .p < / †

%

/ ± /

(% /)

/

WHR BMI

WHtR .

/ /

()

(p= / % / % /)

%

†

*

%

%

(%)

	/	/	†	/	≤ /		BMI(kg/m2)
/ /	/	/ /	/	/	/	/	
/ /	/	/ /	/	/	/	/	
/ /	/	/ /	‡§	/	≥	/	
	/ †	/	/ †	/	≤ /		WC(cm)
/ /	/	/ /	/	/	/	/	
/ /	/	/ /	/	/	/	/	
/ /	/ §	/ /	/ †	/	≥	/	
	/	/	/ †	/	≤ /		WHR
/ /	/	/ /	/	/	/ /	/ /	
/ /	/	/ /	/ §	/	/ /	/ /	
/ /	/	/ /	/ †	/	≥ /	/	
	/ §	/	/ †	/	≤ /		WHtR
/ /	/ §	/ /	/ §	/	/ /	/ /	
/ /	/	/ /	/ §	/	/ /	/ /	
/ /	/ †	/ /	/ †	/	≥ /	/	

†

*

.p< / § p< / ‡

/

WHtR	WHR	WC	BMI
/	/	/	BMI
/	/	/	WC
/	/	/	WHR
/	/	/	WHtR

(p < /) %

BMI

kg/m	BMI ≥	kg/m	BMI <
/	/	/	/
/	/	/	/
/	/	/	/
/	/	/	/

BMI

p

BMI

BMI

WHtR

(p < / / /)

WHtR

WHR WC

WHR WC

WHtR

(BMI)

BMI

WHR WC

BMI

WHtR .

kg/m

WHtR

WHtR

kg/m ≤ BMI

(WHtR WHR WC)

(IGT)

WHtR

WHtR

WHtR

WHtR

kg/m

kg/m

kg/m

kg/m

WHR

WHtR

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