

Stroke is the main cause of death throughout the world, and in recent years this condition has become more common. In the framework of the new scientific work, the researchers found out whether the Tyg-WWI health index with the risk of a stroke among the population as a whole is related.

During the new study, scientists analyzed NHANES data from 1999 to 2018. They focused on adults. Experts focused on the TYG-WWI index. It combines the level of triglycerides, blood sugar, body weight and waist volume to evaluate health risks. Also, experts took blood samples from participants and measured body parameters.



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It was found that as Tyg-Wwi increases, the risk of a stroke increased. After taking into account all factors, the growth of TYG-WWI indicators was associated with an increase in the likelihood of a stroke by 15%.

The researchers also divided all participants into four groups depending on the Tyg-WWI

values. Compared to the group with the lowest parameters in other groups, the risk of stroke was higher: by 38% compared to people with the highest rates and by 37% compared to those who had the second largest Tyg-WWI value. This means that higher indicators of triglycerides, blood sugar, body weight and tali are associated with great chances of stroke. At the same time, the dependence was linear: as the Tyg-WWI values increase, the risk of stroke increased.

Interestingly, this trend was most expressed in young people and people without coronary heart disease, and gender, ethnicity, education, smoking and alcohol use did not have a significant influence on this dependence.

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