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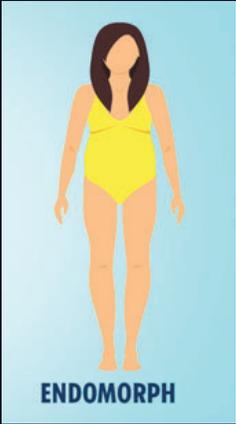
# Body Type and Health Risk

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Body type, also known as somatotype, refers to an individual's body shape and composition, influenced by the way muscle and fat are distributed throughout the body (Samodra et al., 2023; Kamarudin et al., 2021; Carter, 2002).

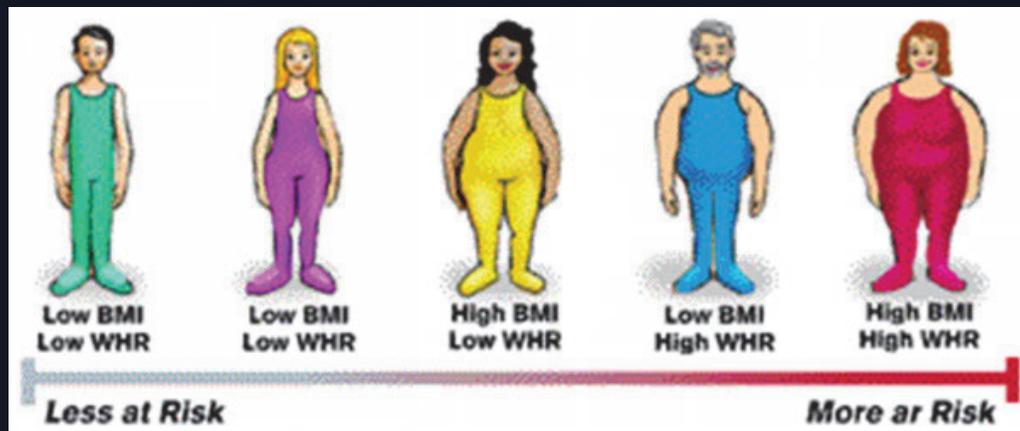
Three primary components of body type:

ENDOMORPHY	MESOMORPHY	ECTOMORPHY
Roundness or relative adiposity	Muscularity and strength	Slimness and leanness
 <p>ENDOMORPH</p>	 <p>MESOMORPH</p>	 <p>ECTOMORPH</p>

Certain body types may be associated with increased health risks, but it is important to note that health risks are not solely determined by body type. Instead, a mix of factors, including genetics, lifestyle, diet, physical activity level, and overall fitness, contribute to an individual's health risk profile.

Body type has been demonstrated to be related to cardiovascular disease (Parnell, 1959; Carter & Heath, 1990; Williams et al., 2000; Kamarudin et al., 2021). Individuals predominantly exhibiting endo-mesomorph characteristics have a higher risk of coronary disease (Kamarudin et al., 2023; Williams et al., 2000; Parnell, 1959). Increased body weight with higher fat composition has been linked to higher coronary heart risk factors, which might be mirrored in endomorphy (Carter & Heath, 1990). Abdominal obesity exhibited by endomorph individuals increased the risk of heart disease as fat deposition occurs in the heart area (Kamarudin et al., 2023). In another study done by Urrutia-Garce et al. (2015), findings revealed that individuals with type 2 diabetes exhibited a body type of prominent endomorphic and mesomorphic components.

In conclusion, research has indicated that individuals with endomorph-dominant or body type may be at a higher risk for conditions like cardiovascular and metabolic diseases, especially when accompanied by factors such as excess body weight and abdominal adiposity. Understanding the potential associations between body types and health risks can serve as a starting point for individuals and healthcare professionals to design effective preventive strategies and interventions. While somatotype may play a role in influencing health risks, individual choices and behaviours remain fundamental determinants of overall well-being.



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