

Is short better: Can height predict your risk for certain diseases?

Over the years, scientists have examined a person's height as a non-modifiable risk factor for certain diseases. Past research shows a taller person may be at a greater risk for diseases such as [Alzheimer's disease](#) and [heart disease](#), while a shorter person is at higher risk for [type 2 diabetes](#).

However, much previous research has been unclear whether height was the main factor or if other factors — such as [nutrition](#) and environmental factors — were more the cause.

A research team from the Rocky Mountain Regional VA Medical Center has found evidence that a person's height impacts their predisposition to certain diseases. Researchers identified some conditions not previously linked to height, including [peripheral neuropathy](#) and leg and foot [ulcers](#).

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Researchers examined genetics and height data from the VA Million Veteran Program database for the study led by [Dr. Sridharan Raghavan](#), assistant professor at the Rocky Mountain Regional VA Medical Center at the University of Colorado Anschutz Medical Campus.

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When asked why a taller person may be at a greater risk for certain diseases, Dr. Raghavan explained it was not surprising to see fundamental processes like growth and [metabolism](#)— which are related to height — connected to many aspects of health.

[This is an excerpt. Read the original post here](#)