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High-risk drinking is associated with dyslipidemia in a different way, based on the 2010-2012 KNHANES

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Background & Aim: We examined the association between alcohol-drinking pattern and dyslipidemia in Korean adults.
Methods: This cross-sectional study included 14,308 participants (6,694 men and 7,614 women) who participated in the 2010-2012 Korean National Health and Nutrition Examination Survey. We categorized alcohol-drinking pattern into three groups based on the alcohol use disorders identification test (AUDIT): low-risk, intermediate-risk, and high-risk. We categorized dyslipidemia as the follows; hypercholesterolemia, hypertriglyceridemia, hypo-HDL -cholesterolemia, hyper-LDL-cholesterolemia, hyper-non-HDL-cholesterolemia.
Results: 25.1% of men and 4.8% of women were high-risk drinkers. The prevalence of hypercholesterolemia, hypertriglyceridemia, and hypo-HDL-cholesterolemia was 34.3, 36.6 and 28.4% in men and 33.7, 18.4 and 44.4% in women, respectively. Compared with low-risk group, the ORs (95% CIs) for hypercholesterolemia and hypertriglyceridemia of high-risk group are 1.198 (1.001-1.434) and 1.979 (1.622-2.413) for men and 1.170 (0.818-1.674) and 2.307 (1.218-3.247) for women. On the other hand, the ORs (95% CIs) for hypo-HDL-cholesterolemia of high-risk group are 0.351 (0.279-0.441) in men and 0.413 (0.291-0.586) in women. Compared with low-risk group, high-risk group was associated with a higher prevalence risk for hyper-LDL-cholesterolemia in both sexes (1.541 [1.467-1.913] for men and 1.631 [1.034-2.575] for women).
Conclusion: high-risk drinking is associated with higher risk for hypertriglyceridemia and hyper-LDL-cholesterolemia in both sexes and hypercholesterolemia in men but lower risk for hypo-HDL-cholesterolemia in both sexes.