Impact of Low Birth Weight and Cardiovascular Risk Factors on Endothelial Function in Early Adult Life

C.P.M. Leeson, MB, PhD; M. Kattenhorn, BSc; R. Morley, MB; A. Lucas, MD, FRCP; J.E. Deanfield, FRCP

Background—Low birth weight is related to increased risk of coronary heart disease in adults and recently has been associated with vascular endothelial dysfunction in children. We investigated whether the relation between birth weight and endothelial function was still present in early adult life and whether there was an interaction with emerging risk factors.

Methods and Results—In 315 adults (165 women, 150 men, aged 20 to 28 years), high-resolution ultrasound was used to determine endothelium-dependent and -independent vascular responses of the brachial artery. Vascular measures were related to classic risk factors (smoking history, lipid profile, blood pressure, fasting insulin, exercise capacity, body mass index, and combined risk score) and birth weight. Low birth weight was associated with reduced flow-mediated dilation (coefficient $\beta = 0.18 \text{ kg}^{-1}$, 95% CI 0.004 to 0.35, $P = 0.04$) but not with endothelium-independent dilation. The difference in flow-mediated dilation between the top and bottom fifths of birth weight was the same as between smokers and nonsmokers. Increasing levels of acquired risk factors overwhelmed the association, and there was a significant interaction of risk score with the birth weight–endothelial function relation (coefficient of interaction term [birth weight $\times$ risk score] $\beta = 0.12$, 95% CI $-0.22$ to $-0.03$, $P = 0.01$).

Conclusions—Low birth weight is associated with endothelial dysfunction in young adults. This is most marked in individuals with lower risk factor profiles and may be relevant to the pathogenesis of atherosclerosis in later life.

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Key Words: endothelium | cardiovascular diseases | epidemiology

Coronary heart disease remains the leading cause of mortality and morbidity in the world. Landmark epidemiological studies have identified key factors in adult life that increase the risk of coronary events, and yet, these still only account for a proportion of the disease burden. Recently, evidence has accumulated that cardiovascular disease is also predicted by antenatal events. Low birth weight has been related to mortality from coronary disease and to the development of hypertension and diabetes. These associations may be due to an effect of prenatal growth directly on the pathogenesis of early atherosclerosis, by “programming” the development of risk factors, or due to altered “stability” of established atherosclerotic lesions.

Vascular endothelial dysfunction is a key event early in atherosclerosis and is important in the development of all the cardiovascular diseases associated with early growth. Recently, we have shown there is a relation between birth weight and endothelium-dependent flow-mediated dilation (FMD) in children in the first decade of life before the acquisition of a significant risk factor burden. This supports the concept that prenatal factors have a direct effect on the vascular wall that is relevant to atherogenesis from remarkably early in life.

The interaction, however, between the effect of prenatal influences and classic postnatal risk factors on vascular function remains unclear. With aging, prenatal influences could act to amplify the effects of classic risk factors, similar to the interaction between raised cholesterol level with smoking, or be overwhelmed in their presence. We therefore investigated the relative impact of prenatal and classic influences on endothelium-dependent arterial relaxation in a large group of 20- to 28-year-olds for whom weight measurements at birth and during infancy were available from maternity and child health records.

Our findings demonstrate a continued association between birth weight and endothelial function into the third decade of life. This influence, however, is progressively reduced in the presence of an increased cardiovascular risk profile. This suggests that the impact of prenatal growth on vascular disease does not operate through modification of acquired risk factors.
risk factors or by a protective effect in their presence. Low birth weight may adversely influence endothelial function and the pathogenesis of atherosclerosis in subjects with low risk profiles to a similar degree as the effect of more widely recognized acquired risk influences, such as smoking.

**Methods**

**Study Design**

We studied adults born in Mill Road Maternity Hospital, Cambridge, UK, between 1969 and 1975 for whom birth and early growth measures were available from medical records. Subjects were traced via their general practitioner or from the National Health Service Central Register and were invited to attend a clinic, where they had an evaluation of cardiovascular risk profile based on a blood sample, questionnaire, physical measures, and an assessment of their vascular function and exercise capacity.

To maximize inclusion rate, invitations included stamped addressed envelopes and flexible appointment times, and subjects who did not respond to the letter were followed up. Ethical approval was received from local research ethics committees, and informed consent was obtained at the time of the visit.

**Risk Factors**

In each subject, a fasting venous blood sample was analyzed for insulin, glucose, total cholesterol, HDL, and triglycerides, and LDL was calculated.

Personal and family medical histories (including details of heart disease and risk factors) were gathered by questionnaire at interview. Current or past smoking was recorded, and for current smokers, the dose effect of smoking was measured by allocating a pack-years score, 1 pack-year being equivalent to smoking 20 cigarettes a day for a year. Subjects were coded into standard socioeconomic groups based on recent occupation and education level. Birth weight and placental weight, as well as length and head circumference at birth, were obtained from maternity records. Weight at 1 year of age was obtained from school health records.

Blood pressure was measured as the average of the last 2 of 3 seated readings with an automated oscillometric device (Critikon Inc). Weight was recorded (to ±0.1 kg) with scales (Soehnle Ltd), and height was recorded (to ±0.1 mm) with a portable stadiometer. After the assessment of endothelial function, a physical step test was used to grade fitness level. The subject stepped onto and off a box 0.1 mm with a portable stadiometer.

**Vascular Studies**

Arterial diameter measurements were then repeated after a 10-minute rest, with both feet for 3 minutes, in time with a metronome (22 steps per minute for women, 24 steps per minute for men); their oxygen capacity was estimated from their recovery heart rate by sex-standardized tables. The distributions of risk factors in the study group were compared with risk factor data for the United Kingdom, birth weight data for Cambridge, and questionnaire data from a subgroup of adults who initially had declined to participate. This allowed any significant biases in cardiovascular risk profile or birth-related data to be identified.

**Results**
TABLE 1. Main Characteristics of Study Population

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>SD or Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, y</td>
<td>23</td>
<td>20 to 28</td>
</tr>
<tr>
<td>Height, cm</td>
<td>169</td>
<td>10</td>
</tr>
<tr>
<td>Weight, kg</td>
<td>69.5</td>
<td>14</td>
</tr>
<tr>
<td>Body mass index, kg/m²</td>
<td>24.3</td>
<td>4.2</td>
</tr>
<tr>
<td>Birth weight, kg</td>
<td>3.27</td>
<td>0.51</td>
</tr>
<tr>
<td>Birth length, cm</td>
<td>50.1</td>
<td>2.8</td>
</tr>
<tr>
<td>Placental weight, kg</td>
<td>0.63</td>
<td>0.15</td>
</tr>
<tr>
<td>Weight at 1 year, kg</td>
<td>10.32</td>
<td>2.48</td>
</tr>
<tr>
<td>Total cholesterol, mmol/L</td>
<td>4.54</td>
<td>1.05</td>
</tr>
<tr>
<td>LDL cholesterol, mmol/L</td>
<td>2.81</td>
<td>0.92</td>
</tr>
<tr>
<td>HDL cholesterol, mmol/L</td>
<td>1.18</td>
<td>0.28</td>
</tr>
<tr>
<td>Insulin, mU/L</td>
<td>9.10</td>
<td>5.71</td>
</tr>
<tr>
<td>Glucose, mmol/L</td>
<td>5.03</td>
<td>0.51</td>
</tr>
<tr>
<td>Systolic blood pressure, mm Hg</td>
<td>127</td>
<td>14</td>
</tr>
<tr>
<td>Diastolic blood pressure, mm Hg</td>
<td>70</td>
<td>9</td>
</tr>
<tr>
<td>Smokers/ex-smokers/nonsmokers, %</td>
<td>34/15/51</td>
<td>...</td>
</tr>
<tr>
<td>Alcohol, U/wk</td>
<td>11.3</td>
<td>0 to 56</td>
</tr>
</tbody>
</table>

brachial arteries (2.9±0.3 mm) than men (3.7±0.5 mm; P<0.001).

Early Life Measures and Vascular Function
There was a significant relation between birth weight and FMD (coefficient 0.18 kg⁻¹, 95% CI 0.004 to 0.35, P=0.04) but not with NTGD response (coefficient −0.03 kg⁻¹, 95% CI −0.09 to 0.04, P=0.41) (Figure). Other measures of fetal growth, such as birth length, head circumference, placental weight, ponderal index at birth, and placenta-weight to birth-weight ratio, were unrelated to the 2 measures of vascular function. There was no relation between vascular function and weight at 1 year (coefficient −0.0013 kg⁻¹, 95% CI −0.06 to 0.04, P=0.63).

Cardiovascular Risk Factors and Vascular Function
Smokers had lower FMD than nonsmokers (mean difference 0.29, 95% CI 0.07 to 0.51, P=0.009), and there was an inverse relation between FMD and number of smoking pack-years (coefficient −0.04 pack-year⁻¹, 95% CI −0.004 to −0.07, P=0.03). Response to nitroglycerin did not differ between groups (mean difference 0.03, 95% CI −0.05 to 0.11, P=0.48). In the whole group, neither FMD nor NTGD was related to serum cholesterol or LDL level. However, in the subgroup of smokers, there was a trend toward an inverse association between FMD and LDL (coefficient −0.02 mmol/L, 95% CI −0.03 to 0.00, P=0.06) and a positive association with HDL level (coefficient 0.04 mmol/L, 95% CI −0.01 to 0.09, P=0.08). Vascular responses were not related to other cardiovascular risk factors such as fasting insulin, blood pressure, or exercise capacity in this study population (Table 1).

Birth Weight, Vascular Function, and Risk Factors
There was a significant relation between birth weight and FMD in the lowest risk score third that was not found in the middle and highest thirds. This was also found for the individual risk factors of fasting insulin, body mass index, and exercise capacity (Table 2). The association between birth weight and endothelial function was of similar strength but at a lower level of significance in both smokers and nonsmokers, with smokers tending to have lower FMD than nonsmokers at all birth weights (Figure). Inclusion of an interaction term in the model indicated a significant effect of the risk score on the birth weight–endothelial function relation so that higher levels of acquired risk factors reduced the impact of birth weight on FMD (coefficient for interaction term [birth weight×risk score] = −0.10, 95% CI −0.16 to −0.04, P=0.001).

Birth Weight and Risk Factors
To determine whether birth weight was acting as a surrogate marker for risk factors, we investigated whether there were relations between blood pressure, fasting insulin, glucose, serum cholesterol level, tobacco use (measured by number of smoking pack-years), and birth weight in the study group. Birth weight was unrelated to blood pressure (birth weight as determinant of diastolic blood pressure: coefficient −0.001 mm Hg · kg⁻¹, 95% CI −0.008 to 0.006, P=0.75) even when current body size was taken into account, nor were there associations between birth weight and any of the other risk factors (birth weight as determinant of: insulin, coefficient −0.006 mU · L⁻¹ · kg⁻¹, 95% CI −0.017 to 0.005, P=0.26; glucose, coefficient 0.011 mmol · L⁻¹ · kg⁻¹, 95% CI −0.088 to 0.111, P=0.82; body mass index, coefficient 0.024 m⁻², 95% CI −0.056 to 0.103, P=0.55; smoking pack-years, coefficient −0.187 years/kg, 95% CI −0.738 to 0.363, P=0.50).

Discussion
This study shows that birth weight, a measure of growth in utero, is related to endothelial function in the systemic
TABLE 2. Regression Coefficients (Plus 95% CI and P Values) for Association Between FMD and Birth Weight for Each Third in the Distribution of Key Risk Factors

<table>
<thead>
<tr>
<th>Risk factor</th>
<th>Regression Coefficient</th>
<th>95% CI</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting insulin</td>
<td>1</td>
<td>0.403</td>
<td>0.112 to 0.694</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.126</td>
<td>-0.142 to 0.422</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>-0.050</td>
<td>-0.366 to 0.262</td>
</tr>
<tr>
<td>Body mass index</td>
<td>1</td>
<td>0.491</td>
<td>0.199 to 0.783</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.096</td>
<td>-0.169 to 0.360</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>-0.111</td>
<td>-0.466 to 0.244</td>
</tr>
<tr>
<td>LDL cholesterol</td>
<td>1</td>
<td>0.251</td>
<td>-0.070 to 0.571</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.261</td>
<td>-0.038 to 0.360</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>0.048</td>
<td>-0.263 to 0.358</td>
</tr>
<tr>
<td>Systolic blood pressure</td>
<td>1</td>
<td>0.176</td>
<td>-0.180 to 0.532</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.292</td>
<td>0.015 to 0.568</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>0.050</td>
<td>-0.256 to 0.342</td>
</tr>
<tr>
<td>Exercise capacity</td>
<td>1</td>
<td>0.450</td>
<td>0.139 to 0.760</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.082</td>
<td>-0.215 to 0.380</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>0.052</td>
<td>-0.258 to 0.362</td>
</tr>
<tr>
<td>Nonsmokers</td>
<td>0.194</td>
<td>-0.049 to 0.436</td>
<td>0.10</td>
</tr>
<tr>
<td>Smokers</td>
<td>0.220</td>
<td>-0.078 to 0.578</td>
<td>0.10</td>
</tr>
<tr>
<td>Risk score</td>
<td>1</td>
<td>0.393</td>
<td>0.141 to 0.644</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0.176</td>
<td>-0.107 to 0.459</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>-0.226</td>
<td>-0.633 to 0.180</td>
</tr>
</tbody>
</table>

Row 1 indicates low risk; row 3, high risk. Coefficient units are in kg⁻¹.

arteries of young adults in their third decade of life. However, in the presence of increased levels of classic risk factors, this influence of birth weight on endothelial function is overwhelmed rather than amplified. In individuals with favorable risk profiles, the birth-weight effect continues to have a significant adverse impact on vascular function, with a difference in endothelial function across the birth-weight range that was as great as the effect of smoking. A 1-kg difference in birth weight led to a change in FMD that was equivalent to 4.5 cigarette pack-years.

Coronary heart disease remains one of the leading causes of mortality in the world.¹⁻²⁵ Interventions to decrease the prevalence of smoking, hypercholesterolemia, hypertension, and glucose intolerance in the population have led to improvements in cardiovascular mortality and morbidity. Further reduction in the disease burden, however, may require that other influences on atherogenesis be investigated both early and late in its development. Genetic factors and in utero growth are of particular interest because of their consistent associations with coronary heart disease mortality and risk factors.⁵⁻¹⁰ There are several possible ways in which this association with intrauterine factors could be mediated, including programming of risk factor development or by altered susceptibility to them in later life. Alternatively, there may be a primary influence of prenatal factors on the atherosclerotic process itself from early in the disease.

Endothelial function is central to atherogenesis; in particular, endothelium-derived nitric oxide affects vascular tone, antiplatelet activity, and smooth muscle cell activity.²⁶⁻²⁸ Endothelial dysfunction is seen in subjects with coronary heart disease and its risk factors. We have developed a noninvasive ultrasound test to assess endothelial function in vivo²²,²³ and have shown abnormal nitric oxide–dependent responses in conduit arteries from remarkably early in life, associated with factors known to increase risk of later vascular disease.²⁹⁻³¹ Using this method, we have also demonstrated a relation between birth weight and endothelial function in children in the first decade.¹⁴ This finding was replicated in a small, independent study of subjects without risk factors in the second decade of life.³² Because the risk factor burden in these populations was low, it is likely that the effect of birth weight on endothelial function was not dependent on the presence of adverse cardiovascular risk factors at this early stage.

Our present study extends these findings to a representative cohort who were 10 to 20 years older and enabled us to address the questions of whether aging influenced the strength of the association and how the relation would be affected by emerging classic risk factors. The findings show that the relation is still present in early adult life and is strongest in those with lower cardiovascular risk profiles. This suggests the continued association does not operate via increased risk factors, such as cholesterol and blood pressure, and that early growth may have a direct influence on the blood vessel wall. Birth weight had a relationship with endothelial function in the low-risk 20- to 28-year-olds that was comparable to that found in our previous study of 9- to 11-year-old children.

The relation between birth weight and vascular function may result from programming of the vascular wall by fetal nutrition or environment, or it may be a marker for a genetic association between early growth and endothelial function. Genes controlling insulin sensitivity have been proposed as a potential link,³³ and those directly involved in vascular endothelial physiology, such as the gene encoding endothelial nitric oxide synthase, may be of relevance.³⁴ The association between birth weight and endothelial function in our population was not trivial. Being in the lowest as opposed to the highest fifth for birth weight had an equivalent influence on the vascular endothelium as starting smoking. The narrow range of many acquired risk factors in this “healthy” population precluded a quantitative comparison of the influence of birth weight with other risk factors.

Birth weight is associated with subsequent growth, and it has been suggested that the association with cardiovascular disease may be due to factors that influence postnatal growth.³⁴⁻³⁶ This did not explain the findings of the present study, because weight at 1 year did not have an effect on the relation between birth weight and endothelial function.

The noninvasive measure of conduit artery endothelial function developed by our group is accurate and reproduc-
enable,\(^22,23\) enabling the study of the determinants of vascular function and their relation to the atherosclerotic process from a very early stage. Endothelial function in the brachial artery reflects that in the coronary circulation, is associated with risk factors for atherosclerosis, and can be modified by appropriate interventions.\(^37\) Only a proportion of those invited were able to attend for full vascular investigations, which increases the chance that bias was introduced into the study group. The Cambridge Young Adults cohort, however, had a range of cardiovascular risk factors and birth-related measures comparable to those found in other populations in the third decade of life.\(^38,39\)

Moderate to high levels of cardiovascular risk factors are associated with abnormal endothelial function irrespective of birth weight in this and other studies. Such findings appropriately place emphasis on reduction of classic risk factors, but this can only have a limited impact on cardiovascular outcome when introduced in adult life. Low birth weight has now been associated with reduced endothelium-dependent dilation both in childhood and at 20 to 30 years of age, in subjects who would be considered at low risk for developing atherosclerosis, with an effect equal to that of a major risk factor like smoking. These findings may provide insight into the basis of the association between birth weight and coronary heart disease and are relevant to the understanding of vascular disease development in populations.

**Acknowledgments**

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**References**

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