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Summary

VALIDATION OF FATTY LIVER INDEX AS A PREDICTOR OF HEPATIC STEATOSIS IN ASIAN POPULATIONS: IMPACT OF ALCOHOL CONSUMPTION AND SEX

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A cohort study of 1,976 Asian subjects demonstrates that the fatty liver index is a useful noninvasive marker for predicting hepatic steatosis regardless of alcohol consumption and sex.

KEY POINTS

- The fatty liver index, calculated using body mass index, waist circumference, γ-glutamyl transferase, and triglyceride levels, showed an overall AUROC of 0.844 for detecting hepatic steatosis.
- The single-center observational study conducted at HITO Medical Center in Japan stratified participants into non-drinkers and light drinkers (0–19 g/day) versus moderate drinkers (20–59 g/day).
- The fatty liver index demonstrated acceptable performance (AUROC >0.7) in all subgroups, with higher AUROCs observed in women and moderate drinkers of both sexes.
- Optimal cutoff values for the fatty liver index in this Asian population differed from previously established values of 30 and 60 reported in other countries.
- This study addresses a knowledge gap regarding the predictive power of the fatty liver index in moderate drinkers and across different levels of alcohol consumption.

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