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To get ahead in life, it's best to be a tall man with no excess**weight**  
  
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It's an unfair after all. A research paper published in BMJ on Wednesday said that being a short man or an **overweight** woman is associated with lower chances in life in areas such as education, occupation, and income. If actor Tom Cruise is a success in Hollywood despite being 5 feet 7 inches, he is clearly an exception to this rule.

The best combination, according to the article, is to be a tall man who isn't **overweight**. The research focused on parameters such as `built' and **`height'** while studying the link between higher**socioeconomic** status and better health and longer life. A team of UK and US researchers, led by Professor Timothy Frayling at the University of Exeter, set out to test whether genetic variants influencing **height** or **BMI** play a direct (causal) role in **socioeconomic** status. ``They analysed genetic variants with known effects on **height** and body mass index (**BMI**) from 119,000 individuals aged between 40 and 70 in the UK Biobank -- a database of biological information from half a million British adults -- using a technique called mendelian randomisation,'' said a press release sent by BMJ. They chose five measures of **socioeconomic** status: age completing full time education, degree level education, job class, annual household income, and a deprivation index. The results showed that shorter **height**, as estimated by genetics, led to lower levels of education, lower job status, and less income, particularly in men, and that higher **BMI** leads to lower income and greater deprivation in women. The authors wrote, "These findings have important social and health implications, supporting evidence that **overweight** people, especially women, are at a disadvantage and that taller people, especially men, are at an advantage."

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