**ASSOCIATION OF PHYSICAL ACTIVITY IN A YOUNG STUDENT POPULATION FROM THE CITY OF CAMPINAS, BRAZIL**

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Objective: To evaluate the impact of physical activity in children and adolescents, 7 to 18 years old, both sexes, from public schools of the city of Campinas, Brasil.

Methods: A cross-sectional epidemiological study with sampling from a school population pool was carried out. Eleven schools were randomly selected in central and peripheral city areas. The assessment protocol comprised a structured questionnaire, anthropometry, and a non fasting lipid profile. In 2010, 4699 students (47,14% of the male sex; mean age, 11.07±2.9 years) were evaluated.

Results: 3092 students walked daily to school; weekly complementary physical activity included 1.45 hours for schools classes and 2.23 hours for activities not related to school programs. Sedentary habits (television, videogames and computers) corresponded to 3.29 hours daily. Overweight (>+1SD) and obesity (>+2SD) rates were 15.7% and 16.0%, respectively. 67.25% of the children that practiced outside school physical activities did not present weight excess. Recommended HDLc levels (HDLc >45mg/dL) were seen in 35% in children that did not report physical activities outside school environment, in comparison to 41% of recommended HDLc values in the population that practiced physical activities outside school environment. Healthy triglycerides (TG<115mg/dL) and LDLc (LDL<110mg/dL) levels were present in 69% and 59% of the children without weight excess.

Conclusion: Physical activity is associated to a healthy lipid profile in a young population, demonstrating healthy dietary patterns and non sedentary habits. Efficient interventions can reverse the tendency of future cardiovascular risk and potential chronic degenerative pathologies in the adult population.