**LIPID PROFILE IN A STUDENT POPULATION OF THE CITY OF CAMPINAS, BRAZIL**

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Objective: To evaluate the lipid profile in children and adolescents, age varying from 7 to 18 years, male and female, from government schools at the metropolitan city of Campinas, Brazil.

Methods: A cross-sectional study through a convenient sample size from an unselected school population was carried out. Eleven schools were randomly selected, from representative city areas. Study protocol included structured questionnaire, anthropometry, and a non-fasting lipid profile. A sample of 4,699 students

(47,1% male; mean age of 11.1±2.9 yr) was evaluated.

Results: Dietary records showed meat consumption once a week was 25.9% and 37.3% did not have any fish in their diets. Daily consumption of sweets and soft drinks was 26.6% and 26.8%, respectively. Fast food consumption, once a week, was present in 25.8%. Prevalence of overweight (>+1SD) and obesity (>+2SD) for the whole population was 15.7% and 16.0%, respectively. Lipid profile mean results were: total cholesterol (TC) 130.5±33.2mg/dL, HDL-c 42.86±14.48mg/dL, LDL-c 80.12±30.29mg/dL, and triglycerides (TG) 99.19±54.35mg/dL. Mean values of TC, LDL-c, HDL-c and TG were either borderline elevated or clearly elevated as 11.9%, 14.7%, 57.9%, and 27.7%, respectively.

Conclusion: Unexpectedly, lipid profile in young population is already showing a worsening pattern and this finding possibly reflect unhealthy diet along with lack of physical exercise. There is an urgent need for effective intervention strategies, from a societal perspective, early during the lifetime, reversing the already elevated cardiovascular risk.