INTRODUCTION

Overweight has been considered a major public health problem worldwide with consistent evidence that overweight and obese adolescents are more likely to become obese adults. An initial screening is useful as a disease prevention strategy when one can identify those individuals who would benefit from lifestyle changes. The use of neck circumference (NC) has several advantages, among them the ease in obtaining the measurement; good intra- and inter-examiner reliability; besides the advantage of not being influenced by postprandial abdominal distention or by respiratory movements, as in the case of abdominal circumference.

OBJECTIVE

To verify the relationship between the NC and the lipid profile in adolescents with overweight or obesity.

METHODS

Population

- Adolescents (10-19 years old)
- Both sexes
- Endocrinology Pediatric Unit, Northeastern region of Brazil

Evaluation

- Nutritional (WHO)
- NC (cutoff points): 32 and 35.5cm
- Total cholesterol; LDL-c; HDL-c and triglycerides

Variables


RESULTS

A total of 67 adolescents were evaluated, 52.2% of whom were male. From this sample, 20.9% individuals had overweight, 61.2% with obesity and 17.9% with severe obesity.

CONCLUSION

Adolescents presented high frequency of changes in total cholesterol, LDL-c and HDL-c, and there was a negative correlation between neck circumference and HDL-c in male adolescents.

REFERENCES


