

NECK CIRCUMFERENCE AND LIPID PROFILE IN ADOLESCENTS WITH OVERWEIGHT / OBESITY

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INTRODUCTION

Overweight has been considered a major public health problem worldwide¹ with consistent evidence that overweight and obese adolescents are more likely to become obese adults².

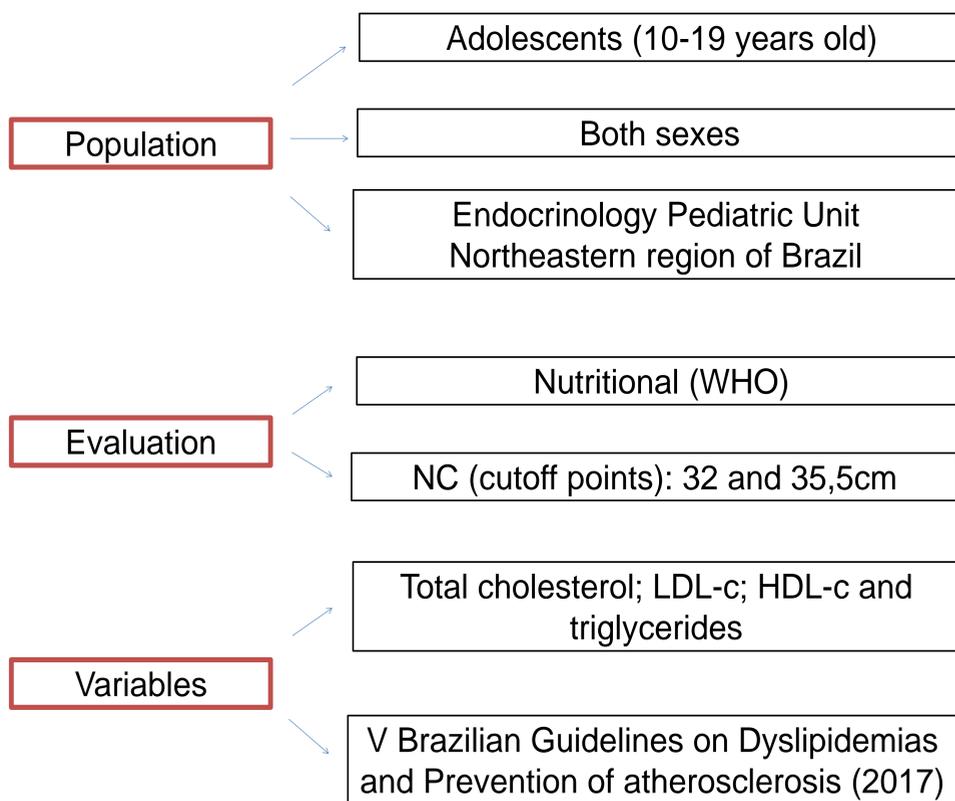
An initial screening is useful as a disease prevention strategy when one can identify those individuals who would benefit from lifestyle changes³.

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 circumference⁴.

OBJECTIVE

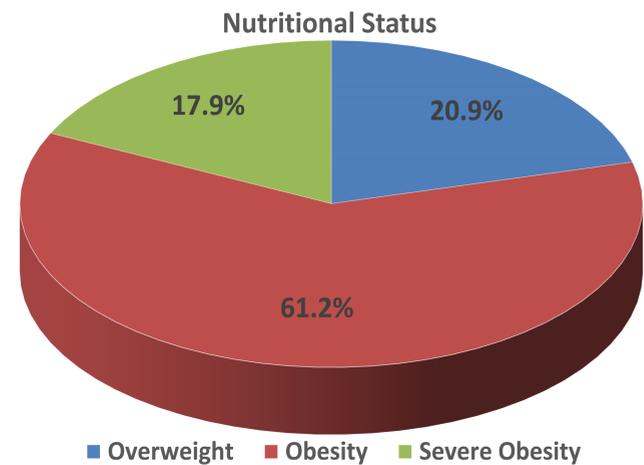
To verify the relationship between the NC and the lipid profile in adolescents with overweight or obesity.

METHODS



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.



It was observed that, of the total, 74.6% of the adolescents had elevated total cholesterol and 59.7% of the LDL-c, as well as 70.1% of the adolescents presented HDL-c below the recommendations.

Girls presented higher mean values for total cholesterol 172 mg/dL (± 28.32), LDL-c 106.81 mg/dL (± 21.62), HDL-c 40.16 mg/dL (± 7.74) and triglycerides 131.97 mg/dL (± 67.79), with no significant difference between genders.

59.3% of the adolescents presented values above the cutoff point for NC. There was a negative correlation between NC and HDL-c ($p \leq 0.01$) in males.

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.

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