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P43: INTERGENERATIONAL DIFFERENCES IN CARDIOVASCULAR RISK FACTOR LEVELS IN SWITZERLAND

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Background:
There is little information regarding cardiovascular risk factor (CV RF) trends in Switzerland. We aimed at assessing generation differences in CV RFs by comparing CV RFs levels within selected age groups separated by a 20 year time lag.

Design:
Two population-based surveys.

Methods:
Data from the Monica (1984-1986) and Colaus (2004-2006) surveys were used. Analyses were stratified by sex and age groups (35-44, 45-54, 55-64 and 65-75 years).

Results:
No changes were found for BMI levels and status between surveys: in men, 26±3, 26±3, 27±4 and 27±4 kg/m^2 for age groups 35-44, 45-54, 55-64 and 65-74, respectively, in MONICA, vs. 26±4, 26±4, 27±4 and 28±4 kg/m^2 in COLAUS, p=NS, in women: 24±4, 26±4, 26±4 and 26±5 kg/m^2 in MONICA, vs. 24±5, 25±5, 26±5 and 26±5 kg/m^2 in COLAUS, p=NS. Similar results were found after adjusting for education. Smoking prevalence increased in men: 28, 30, 22 and 15% for age groups 35-44, 45-54, 55-64 and 65-74, respectively, in MONICA, vs. 35, 29, 28 and 21% in COLAUS. In women, changes differed according to age: 39, 26, 16 and 18%, in MONICA vs. 28, 30, 22 and 15% in COLAUS. Blood pressure decreased in the younger age groups and remained constant in the older ones: in men, systolic blood pressure was 129±15, 133±16, 138±18 and 143±21 mm Hg in MONICA, vs. 125±12, 129±15, 137±16 and 144±19 mm Hg in COLAUS, p<0.01. Similar findings were obtained after adjusting for education. Prevalence of hypertension increased, due to an increase in the prevalence of treated subjects, in men : 4, 8, 16 and 19% for age groups 35-44, 45-54, 55-64 and 65-74, respectively, in MONICA, vs. 5, 14, 31 and 46% in COLAUS, p<0.05; in women: 2, 10, 16, and 24% in MONICA, vs. 4, 12, 24, and 34% in COLAUS, p<0.05. This increase was stronger in men: 14, 17, 23 and 31% for age groups 35-44, 45-54, 55-64 and 65-74, respectively, in MONICA vs. 10, 21, 41 and 55% in COLAUS, p<0.01 and smaller in women: 6, 15, 24 and 44% in MONICA vs. 6, 16, 30 and 42% in COLAUS, p=NS. Similar findings were obtained after adjusting for education.

Conclusion:
With the exception of BMI, the newer Swiss generations appear to have a worse CV profile than the older generations. This is especially true regarding smoking and hypertension.