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CARDIOVASCULAR AND METABOLIC RISK IN PORTUGUESE WOMEN

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Background: Overweight and increased waist circumference are early markers of cardiovascular and metabolic disease. The current obesity context recommends the assessment of individual risk factors as predictors of future comorbidities.

Objectives: Assess body mass index (BMI), blood pressure (BP) and waist circumference values and analyze its relationship with nutritional status in young Portuguese women.

Methods: Cross-sectional/observational study conducted in 2012 with 1424 Portuguese women, Mean age 34.47 years (SD = 5.29), mothers of preschool children also under study. Performed anthropometric and waist circumference measures, BMI classification based on WHO (2000) referential and Portugal norms, (DGS, 2004). The BP was classified according to the European Heart Journal (2007) recommendations.

Results: Overall, 31.9% of women were overweight (obesity 12.1%), significantly higher in women with low literacy, low-income, and from rural areas, while the high blood pressure (HBP) and metabolic risk associated with waist circumference were significantly higher only in those with low literacy. Metabolic risk appeared in 60.8% and women with overweight and obesity, significantly associate increased risk of metabolic disease ($X^2 = 212.37$, $p = 0.000$), with a probability greater than 8 (OR = 8.158; CI = 6.024-11.048). Globally had normal-high and hypertension 22.8% of women, while 31.8% associated obesity and hypertension ($X^2 = 31.466$, $p = 0.000$) and 27.6% increased waist circumference ($X^2 = 16.769$, $p = 0.000$) with a risk about twice (OR = 2.447; CI = 1.781 - 3.362; OR = 1.990; CI = 1.427- 2.775 respectively).

Conclusions: Results showed the association between overweight, metabolic and cardiovascular risk, who reinforces the importance of promoting women's health early.

Keywords: Cardiovascular risk. Metabolic risk. Young women's health.