Abstract

Introduction: the Metabolic Syndrome is a group of disorders and it has gaining importance due to its association with the subsequent development of cardiovascular diseases. Objectives: to determine the prevalence of risk factors associated to the metabolic syndrome in children from a cohort in Southern Brazil. Methods: a prospective cohort study with hospital screening of all births (2741) occurred from September 2002 to May 2003, monitoring a random sample of 30.0% at one, three and six months and eight years old. During the visit at the age of eight years, a questionnaire containing questions related to nutrition, physical activity and family history of chronic diseases. Also, weight, height and the waist circumference were measured. Descriptive and bivariate analyzes between independent variables and the outcome were performed. Results y discussion: from the 616 studied children, 51.3% were male, 70.3% had white, about half belonged to the economic class C, 20.5% were overweight and 16.9% were obese. There was high prevalence of family history for hypertension (81.5%), and was observed that 20.7% of the eutrophic children showed elevated waist circumference. Conclusion: the high prevalence of risk factors for the metabolic syndrome found in the studied children reinforces the importance of proper medical history including family history. It is suggested to include the measurement of waist circumference in routine pediatric care.

Keywords
Metabolic syndrome, Obesity, Waist circumference.