Abstract

Objectives This study was aimed at correlating anthropometric markers indicating additional cardiovascular risk in a hypertensive elderly population enrolled in the HIPERDIA programme in Campina Grande, Paraíba, Brazil, South America. Methods The sample consisted of 131 hypertensive elderly people aged 60 to 92 (25.9 % males and 74.1 % females). A socioeconomic, demographic, life-style questionnaire was used in the assessment. Information about anthropometry measurements and pathology frequency were also recorded via this questionnaire. Pearson's correlation, descriptive statistics, comparison between anthropometric variables by gender using Student's t-test and one-way ANOVA were used in the analysis for comparing groups by age (60 to 69, 70 to 79 and > 80 years). Results 14.7 % of men and 24.7 % of women were overweight and 11.8 % of men and 21.6 % of women were obese. 57.0 % of women and 26.5 % of men had inadequate values in waist-to-hip ratio analysis. 95.9 % of women and 52.9 % of men had high risk and 95.9 % of women and 38.2 % of men had high abdominal circumference values regarding waistline measurement. After selection (n=40) for correcting potential confounders, it was found that 27 subjects had high C-reactive protein values, an additional cardiovascular risk factor. Conclusions The results suggested that additional cardiovascular risk could be demonstrated by the high prevalence of being overweight and central obesity presented by the population and the presence of subclinical inflammation amongst hypertensive ones.

Keywords
Anthropometry, hypertension, nutritional status.