

Risk for cardiovascular diseases in university students in Recôncavo Baiano

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Introduction: Cardiovascular diseases include dyslipidemia, Diabetes Mellitus, high blood pressure, smoking, obesity, sedentary lifestyle and family history as risk factors. Sedentary behavior among university students may be related to lack of time, academic pressure, emotional overload and lack of encouragement to adopt healthy habits. Knowledge about the prevalence of risk factors among young university students can contribute to the implementation of preventive measures aimed at promoting healthy habits and reducing the risk of cardiovascular diseases. **Objective:** To describe the sociodemographic and clinical profile of university students and the stratification of the degree of risk for the occurrence of cardiovascular events. **Method:** This is a cross-sectional study with a quantitative approach, with undergraduate students in the health area at Faculdade Adventista da Bahia (CAAE:59745722.0.0000.0042). To collect sociodemographic, clinical and risk stratification data, a semi-structured questionnaire prepared by the researchers was applied and anthropometric variables were measured. **Results:** 136 students made up the sample for the present study. 73.5% were female, with a median age of 21 years (IIQ: 20 - 23). 54.4% of participants declared themselves to be of mixed ethnicity, 87.5% were single, and 54.4% were studying Physiotherapy. Concerning clinical characteristics, 64% of participants are eutrophic, 91.2% have no comorbidities, and 50.7% have a family history of hypertension and Diabetes Mellitus (19.1%). Among male participants, the median body mass index (BMI), in kg/m², was 22.7 (IIQ: 21.3 - 24.4) and, among women, it was 22.8 (IIQ: 20.6 - 25.6). The waist/hip ratio (WHR) had a median of 0.81cm (IIQ: 0.79 - 0.86) in males, and, among women, the waist/hip ratio had a median of 0.74cm (IIQ: 0.71 - 0.78). The correlation between BMI and WHR in the group of male participants was moderate and significant ($r = 0.62$; $p < 0.001$). Among female participants, this correlation was weak ($r = 0.29$; $p = 0.004$). **Conclusion:** University students at Faculdade Adventista da Bahia have a diverse sociodemographic and clinical profile, with a predominance of young women, mixed race, single, with a family history of high blood pressure. The association between BMI and WHR was moderate and significant among men and weak among women. It is inferred that this condition arises from the fact that the majority of the population is made up of eutrophic women, who present a low risk to health.