



Research Article

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Association of Anthropometric Measures with cardiovascular risk features in children and teenagers in Albania

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Abstract

We performed this study to establish the association among anthropometric amplitudes with cardiovascular hazard aspects and metabolic syndrome (MetS) in normal-weight Albanian children and adolescents. We examined the data of 3,658 children and adolescents (46.8% boys), aged 10-17 years, with a normal BMI (4th-83th percentile) obtained from a 'Childhood and Adolescence Monitoring and Prevention of Adult Non-communicable Disease' study. The International Diabetes Federation agreement classified the diagnostic criteria for MetS. The prevalence of MetS for 10- to 12.5-year-old boys, 14- to 17-year-old boys, 10- to 13.7-year-old girls, and 14- to 17-year-old girls were 1.3, 2.4, 2.1, and 2.9%, correspondingly. After adjusting age and sex, each item's expansion in BMI (within normal range) and waist circumference enhanced the odds of MetS from 4 to 65 % and from 1 to 17 %, consequently. The main pattern of dyslipidemia among the respondents was elevated triglycerides and low high-density lipoprotein cholesterol. Our study strengthened the latest research on the elevated frequency of metabolic risk factors among normal-weight individuals in the pediatric age group.

Keywords: Anthropometric, Cardiovascular, Metabolic syndrome, Children, Adolescents.

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