

Table 3 Cardiovascular risk factors in Tehran boys aged 3–17 years in 2000, 2003 and 2006, by age group (Tehran Lipid and Glucose Study)

Variable	2000		2003		P <sup>a</sup>	2006		P <sup>b</sup>	P <sup>c</sup>
	No.	Mean (SD)	No.			No.	Mean (SD)		
Age group 3–6 years									
SBP (mm/Hg)	380	98.7 (0.5)	196	88.6 (0.7)	0.001	162	89.1 (0.8)	0.9	0.0001
DBP (mm/Hg)	378	67.8 (0.4)	196	59 (0.7)	0.001	162	58.5 (0.6)	0.9	0.0001
BMI (kg/m <sup>2</sup> )	414	15 (0.09)	195	15.3 (0.1)	0.01	159	16.3 (0.8)	0.1	0.06
WC (cm)	246	51 (0.3)	117	52 (0.4)	0.03	112	52.4 (0.4)	0.9	0.001
WC/HC ratio	114	0.87 (0.004)	56	0.89 (0.006)	0.01	66	0.91 (0.005)	0.1	0.0001
FBS (mg/dL)	330	61.8 (0.5)	175	83 (0.6)	0.8	153	82.4 (0.6)	0.9	0.2
Total chol (mg/dL)	330	171 (1.5)	175	161 (2.3)	0.001	153	160 (2.4)	0.9	0.004
Triglycerides (mg/dL)	330	86.5 (1.9)	175	80 (2.3)	0.005	153	76 (2)	0.8	0.07
HDL-chol (mg/dL)	317	45 (0.5)	175	41 (0.7)	0.9	148	46 (0.8)	0.001	0.9
LDL-chol (mg/dL)	317	107 (1.4)	175	103 (2)	0.004	142	99 (2.2)	0.3	0.02
Age group 7–12 years									
SBP (mm/Hg)	996	102 (0.3)	474	96 (0.5)	0.001	437	93 (0.5)	0.001	0.0001
DBP (mm/Hg)	996	70 (0.3)	474	64.3 (0.4)	0.001	437	61 (0.4)	0.001	0.0001
BMI (kg/m <sup>2</sup> )	1005	16.8 (0.1)	460	17.4 (0.1)	0.001	439	17.8 (0.1)	0.5	0.2
WC (cm)	1005	59 (0.2)	459	61.8 (0.4)	0.001	439	62.4 (0.5)	0.9	0.0001
WC/HC ratio	496	0.84 (0.002)	217	0.89 (0.02)	0.001	215	0.88 (0.006)	0.9	0.003
FBS (mg/dL)	980	87.5 (0.2)	466	89 (0.3)	0.9	440	87 (0.3)	0.001	0.9
Total chol (mg/dL)	980	174 (1)	466	164 (1.3)	0.001	440	161 (1.3)	0.4	0.0001
Triglycerides (mg/dL)	978	100 (1.5)	466	100 (2.4)	0.004	440	91 (1.9)	0.01	0.01
HDL-chol (mg/dL)	972	46.5 (0.3)	465	42.5 (0.4)	0.9	439	46.8 (0.5)	0.001	0.0001
LDL-chol (mg/dL)	969	107 (0.9)	463	101 (1)	0.004	420	95 (1)	0.004	0.0001
Age group 13–17 years									
SBP (mm/Hg)	1069	106 (0.3)	631	103 (0.4)	0.001	509	102.7 (0.5)	0.9	0.02
DBP (mm/Hg)	1069	71.9 (0.2)	631	68.4 (0.3)	0.001	509	66.7 (0.3)	0.005	0.0001
BMI (kg/m <sup>2</sup> )	1073	21 (0.1)	616	21.4 (0.1)	0.001	513	22 (0.2)	0.02	0.0001
WC (cm)	1073	71 (0.3)	616	74.4 (0.4)	0.001	513	75 (0.5)	0.7	0.0001
WC/HC ratio	504	0.82 (0.003)	299	0.85 (0.003)	0.001	268	0.86 (0.004)	0.04	0.0001
FBS (mg/dL)	1061	90 (0.3)	618	89.6 (0.5)	0.005	519	87 (0.3)	0.001	0.1
Total chol (mg/dL)	1061	167 (1)	618	152 (1)	0.001	519	151 (1.2)	0.9	0.0001
Triglycerides (mg/dL)	1061	114 (2)	618	105 (2)	0.005	519	103 (2.4)	0.9	0.1
HDL-chol (mg/dL)	1056	42.5 (0.3)	618	38.6 (0.3)	0.6	517	41.8 (0.4)	0.001	0.2
LDL-chol (mg/dL)	1048	101 (0.8)	616	93 (1)	0.001	490	88 (1)	0.01	0.0001

<sup>a</sup>Comparison between 2000 and 2003; <sup>b</sup>Comparison between 2003 and 2006; <sup>c</sup>Comparison between 2000 and 2006.

SD = standard deviation.

SBP = systolic blood pressure; DBP = diastolic blood pressure; BMI = body mass index; WC = waist circumference; HC = hip circumference; FBS = fasting blood sugar; Chol = cholesterol; HDL-chol = high-density lipoprotein cholesterol; LDL-chol = low-density lipoprotein cholesterol.