

Table 2 Cardiovascular risk factors in Tehran girls aged 3–17 years in 2000, 2003 and 2006, by age group

Variable	2000		2003		P <sup>a</sup>	2006		P <sup>b</sup>	P <sup>c</sup>
	No.	Mean (SD)	No.	Mean (SD)		No.	Mean (SD)		
Age group 3–6 years									
SBP (mm/Hg)	205	97.3 (0.8)	95	87.6 (1.1)	0.0001	68	88.3 (1.4)	0.9	0.0001
DBP (mm/Hg)	204	66.8 (0.7)	95	56.8 (1.1)	0.0001	68	58.7 (1.1)	0.9	0.0001
BMI (kg/m <sup>2</sup> )	213	15 (0.1)	93	15.3 (1.7)	0.5	66	15.6 (0.2)	0.9	0.1
WC (cm)	132	51.4 (0.4)	61	0.87 (0.6)	0.9	46	51.4 (0.6)	0.9	0.9
WC/HC ratio	132	0.86 (0.004)	61	0.87 (0.006)	0.4	46	0.86 (0.007)	0.4	0.9
FBS (mg/dL)	175	82 (0.6)	83	83 (0.8)	0.9	66	80.5 (0.9)	0.2	0.8
Total chol (mg/dL)	175	173 (2)	83	165 (3.3)	0.1	66	167 (3.6)	0.9	0.5
Triglycerides (mg/dL)	175	89 (2.7)	83	83.5 (3.7)	0.6	66	78.8 (3.4)	0.9	0.1
HDL-chol (mg/dL)	169	44.4 (0.7)	81	41.4 (1)	0.09	63	46.4 (1.4)	0.01	0.5
LDL-chol (mg/dL)	169	111 (1.9)	83	108 (3)	0.9	60	105 (3.5)	0.9	0.4
Age group 7–12 years									
SBP (mm/Hg)	507	101 (0.4)	249	95 (0.5)	0.0001	223	92.7 (0.7)	0.03	0.0001
DBP (mm/Hg)	507	7 (0.4)	249	64.4 (0.5)	0.0001	223	60.8 (0.6)	0.0001	0.0001
BMI (kg/m <sup>2</sup> )	509	17 (0.001)	243	17.5 (0.2)	0.2	224	18 (0.2)	0.2	0.001
WC (cm)	509	60.4 (0.4)	242	61 (0.6)	0.9	224	61.2 (0.6)	0.9	0.9
WC/HC ratio	509	0.82 (0.002)	242	0.82 (0.003)	0.9	224	0.80 (0.003)	0.001	0.001
FBS (mg/dL)	500	87 (0.3)	244	88.4 (0.4)	0.06	231	86.8 (0.4)	0.1	0.9
Total chol (mg/dL)	500	176 (1.5)	244	166 (1.9)	0.001	231	163 (2)	0.5	0.0001
Triglycerides (mg/dL)	500	105 (2.2)	244	106 (3.4)	0.9	231	98.2 (3)	0.2	0.1
HD-chol (mg/dL)	499	45 (0.5)	243	42 (0.6)	0.001	230	45.5 (0.7)	0.001	0.9
LDL-chol (mg/dL)	499	109 (1.4)	243	103 (1.7)	0.02	218	96.2 (1.7)	0.02	0.02
Age group 13–17 years									
SBP (mm/Hg)	570	105 (0.4)	329	101 (0.6)	0.001	250	100 (0.6)	0.8	0.0001
DBP (mm/Hg)	570	72 (0.3)	329	69 (0.5)	0.001	250	66.3 (0.5)	0.001	0.0001
BMI (kg/m <sup>2</sup> )	569	21 (0.1)	317	21.6 (0.2)	0.006	245	22.1 (0.2)	0.4	0.006
WC (cm)	569	71 (0.3)	317	72.5 (0.5)	0.9	245	70.8 (0.5)	0.07	0.9
WC/HC ratio	569	0.76 (0.002)	317	0.78 (0.003)	0.001	245	0.75 (0.003)	0.0001	0.1
FBS (mg/dL)	573	87.7 (0.3)	324	87.9 (0.4)	0.004	254	85.7 (0.4)	0.003	0.004
Total chol (mg/dL)	573	170 (1.2)	324	153 (1.4)	0.001	254	154 (1.7)	0.9	0.3
Triglycerides (mg/dL)	573	113 (2.5)	324	102 (2.6)	0.03	254	103 (3.4)	0.9	0.3
HDL-chol (mg/dL)	573	42.9 (0.4)	324	39.4 (0.4)	1	253	43 (0.6)	0.0001	0.9
LDL-chol (mg/dL)	571	154 (1)	324	93.7 (1.3)	0.001	243	90.4 (1.5)	0.3	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.

SPB = 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.