METABOLIC SYNDROME IN INDIGENOUS COMMUNITIES OF PERNAMBUCO-BRAZIL

Silva, I. P.; Santos, B. S. dos; Araújo, T. F. S.; Fonseca, C. S. M.; Campos, J. K. L.; Rocha, A. A.; Lima, V. L. M.
¹Departamento de Bioquímica, Centro de Ciências da Saúde, Universidade Federal de Pernambuco (UFPE), Recife, Brasil; ² Núcleo de Ciências da Vida, Centro Acadêmico do Agreste, Universidade Federal de Pernambuco (UFPE), Caruaru, Brasil.

Despite indigenous population in Brazil has been estimated to reach 1 million, there are few or no information about the metabolic characteristics of this population. On the other hand, abdominal obesity - one of the main components of the metabolic syndrome - prevalence has been increasing among adults and children worldwide. Given that, we aimed to investigate the association among abdominal obesity, hemodynamic and metabolic disorders in indigenous populations Pankararu and Fulni-ô, from northeastern region of Brazil. Blood glucose, uric acid, total cholesterol, triglycerides, and HDL-cholesterol were evaluated by enzymatic methods. Abdominal obesity was assessed through the measurement of the waist-hip ratio (WHR). Metabolic syndrome was identified by IDF (International Diabetes Federation) and AHA/NHLBI (American Heart Association/National Heart, Lung and Blood Institute) methods. Data were analyzed by Chi-squared, unpaired t test, and Pearson's correlation (p<0.05). A total of 532 indigenous of Pankararu and Fulni-ô populations enrolled the study. We observed a high prevalence of abdominal obesity, 62% by AHA/NHLBI and 83.3% by IDF methods. Metabolic syndrome was present in more than half of both populations. Data showed that abdominal obesity was correlated with blood pressure, glucose, uric acid among both ethnic groups. Waist circumference and WHR were the anthropometric parameters that showed the strongest correlations with blood pressure and lipid levels, further emphasizing the relationship between abdominal obesity and cardiometabolic risk. Abdominal obesity was a metabolic condition of high prevalence in indigenous communities of ethnic Pankararu and Fulni-ô in Pernambuco State. About half of Pankararu and Fulni-ô studied indigenous may find themselves at high risk for development of cardiovascular diseases, due to metabolic and hemodynamic disorders or in combination in a single individual constituting the Metabolic Syndrome X.

Keywords: Abdominal Obesity, Metabolic Syndrome, Indigenous Ethnic Groups.

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