
PO2090**PREDICTIVE FACTORS OF ARTERIAL BLOOD PRESSURE IN YOUNG UNIVERSITY STUDENTS, CÓRDOBA, ARGENTINA**

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Background and objectives: The university stage could be the first moment to take decisions about health. An increased risk of cardiovascular diseases (CV) has been detected in youth and adolescents, and this risk is different to adults. The purpose of this study was to examine risk and protective CV factors related to arterial blood pressure (BP) among university students in Córdoba, Argentina.

Methods: A random sample based on the clinical records from university students attendees to Health Direction (Student Department, Universidad Nacional de Córdoba) was developed during 2012. Data about Body Mass Index (BMI), BP, alcohol and tobacco consumption, age, sex, school and college, family history of CV diseases, and physical activity were analyzed. BMI was classified according to OMS and BP by ESC. Chi2 test was employed to analyze differences between variables, and a multivariate logistic regression analyses was performed. Stata version 11.0 was used for all analyses.

Results: about nutritional status of 401 students (38% male, 62% female), 65.66% were normal, 5.26% low weight, 22.31% overweight, 5.51% grade-1 obesity and 1.21% were grade-2 obese. About BP values, the population under study showed the distribution: 61.85% optima, 23.69% normal, 8.48% high-normal, 4.24% grade-1 hypertension, 0.25% grade-2 hypertension, and 1.25%, isolated systolic hypertension. A higher proportion of women had normal BMI in relationship to men ($p < 0.05$). Also, women had higher proportion on normal BP compared to men ($p < 0.001$). Logistic regression showed a strong correlation between normal BP and normal BMI (OR 3.07, IC 95% 1.55-6.08, $p < 0.001$), adjusted by sex, age, family history of CV diseases, tobacco, alcohol, and physical activity. Female sex had a strong association with normal BP (OR 2.4, IC 95% 1.02-4.07, $p < 0.05$).

Conclusions: normal BMI and female sex can predict normal BP in young university students.

Key words: blood pressure; protective factors; youth.

PO2091**MAPPING OF CIVIL SOCIETY ORGANIZATIONS IN LATIN AMERICA AND THE CARIBBEAN**

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Background and objectives: Cardiovascular disease (CVD) is highly prevalent across Latin America and the Caribbean with heart disease and stroke constituting the number one cause of death. Hypertension is the main risk factor for CVD. The reduction of dietary salt strongly correlates with lower blood pressure and reduced risk of heart disease and stroke. Joint efforts from different sectors should be undertaken to guarantee effective salt reduction initiatives. The objective of this study is to identify and describe civil society organizations in the region whose work relates to dietary salt reduction.

Methods: This is a cross-sectional descriptive study that includes the mapping of civil organizations in Latin America and the Caribbean to identify those who are working on dietary salt reduction. We developed a structured questionnaire to be sent to the organizations identified during the mapping phase. Data collection and analysis is based on the grounded approach.

Results: We identified 62 organizations from 16 countries. We received 26 completed questionnaires from 14 countries. From the total number of organizations: 76.9% work on issues related to high blood pressure: 53.8% on research, 53.8% on the promotion of public policies, 65.4% on education campaigns targeted to consumers, patients and health professionals, and 46.1% conduct community-based activities. We found that 88.4% of the organizations specifically work on issues related to salt intake: 50% on research, 23% on advocacy, 57.7% on education, 19.2% on national, regional or local media campaigns linked to salt intake, and 23% on salt-related community-based activities.

Conclusions: This study represents a first step to identify regional civil society organizations involved in dietary salt reduction. As a result of this mapping, the ALASS (Acción Latinoamericana Sal o Salud) network will be strengthened and future collaborations and strategies will be developed.

Key words: civil society organizations, salt, cardiovascular disease, hypertension.