

## **EVALUATION OF THE OCCURRENCE OF METABOLIC SYNDROME AMONG WOMEN FROM ICATU INDIAN COMMUNITY: KAINGANG AND TERENA**

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The excessive consumption of caloric food and the high prevalence of obesity between women from Icatu Indian Community: Kaingang and Terena, located at Brauna (SP), have been detected by a prior study and those results suggested the occurrence of metabolic syndrome (MS). The MS is a complex disorder complaining a group of cardiovascular risk factors. This work had the aim to evaluate occurrence and the MS risk in the female population. One year after the first anthropometric and nutritional evaluation, the analysis of adult women revealed that 42.86% had gain weight, 50% had lost weight, and 7.14% maintained weight. At this stage, 8 new women were added to the study, totalizing 22 individuals. From IMC results we found that 54.54% presented overweight, 27.27% were obese and only 18.18% were euthrophic. When analyzing the waist circumference (WC), we found that 81.82% have the WC bigger than 80 cm, indicating the high risk to develop cardiovascular disease. The prevalence of chronic diseases, such as obesity, diabetes and hypertension is probably due to the bad feeding habits of this Indian population, as well as to the genetic predisposition associated to the low levels of physical activity. This factors altogether contributes to the prevalence of obesity and the high risk to develop the metabolic syndrome by women.