

Dyslipidemia, high BP prevalent among US youth

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(HealthDay)—About one in five children and adolescents had adverse lipid concentrations, and one in ten had borderline high or high blood pressure (BP) in 2011 to 2012, according to research published online Jan. 19 in *JAMA Pediatrics*.

Brian K. Kit, M.D., M.P.H., from the U.S. Public Health Service in Rockville, Md., and colleagues describe the prevalence of and trends in dyslipidemia and adverse BP in children and adolescents aged 8 to 17 years. Measured lipid concentrations were available for 1,482 children, and BP measurements were available for 1,665 [children](#).

The researchers found that 20.2 percent of youth had an adverse concentration of total cholesterol (TC), high-density lipoprotein

cholesterol (HDL-C), or non-HDL-C, and 11.0 percent had high or borderline BP in 2011 to 2012. Between 1999 to 2000 and 2011 to 2012, the prevalences of adverse concentrations of TC (P = 0.006), HDL-C (P = 0.003), and non-HDL-C (P

"The prevalence of dyslipidemia modestly decreased between 1999 to 2000 and 2011 to 2012, but either high or borderline high BP remained stable," the authors write.

More information: [Abstract](#)
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