

A 2-year follow-up of a program for the control of cardiovascular risk factors among asymptomatic workers Evaluación a dos años de un programa de control de factores de riesgo cardiovascular en trabajadores asintomáticos.

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In 1987, a cardiovascular risk profile was obtained on 836 workers of the National Electricity Co in Santiago. There were 714 males and 125 females, the mean age was 45 years (ES +/- 0.3).

Hypertension (systolic pressure > 160 or diastolic > 90 mmHg) was present in 17% of subjects, hypercholesterolemia (> 240 mg/dl or > 220 mg/dl associated to 2 other risk factors) in 17%, obesity (> 20% above ideal weight) in 33% and 29% were smokers. An advice to stop smoking, changes in the casino menu and hypertension, obesity and hypercholesterolemia's control programs were offered. These were attended by 108 hypertensives, 141 subjects with hypercholesterolemia and 104 obese individuals with an attendance rate of 64%, 75 and 77% respectively. Measurements repeated 2 years later revealed a reduction in diastolic pressure of 3.3 +/- 1.1 mmHg ($p < 0.004$) only in adherent subjects. Cholesterol levels were reduced by 24 +/- 3 mg/dl ($p < 0.001$) with no differences for non participants, adherent and non