

Prevalence of Dyslipidaemia among Healthy University Students: Fayoum Governorate, Egypt

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ABSTRACT

Objectives: To estimate the prevalence and patterns of serum lipid profiles and associated factors among university students.

Study Design: A descriptive cross-sectional study was conducted on a group of 384 students.

Methods: An interview-based questionnaire was used to gather information about demographic and lifestyle data. Weight, height, waist circumference and blood pressure measurements were taken for each student. Fasting blood samples were collected from all participants and assayed for fasting total cholesterol (TC), triglyceride (TG), high-density lipoprotein (HDL) and low-density lipoprotein (LDL).

Results: According to the National Cholesterol Education Program-Adult Treatment Panel III criteria, the overall prevalence of dyslipidaemia was 63.8%, hypercholesterolemia prevalence was 38.8%, hypertriglyceridemia 29.7%, low HDL-C 27.1% and high LDL-C 33.1%. Significant associated factors of dyslipidaemia among study participants were urban residence, increasing age, physical inactivity, overweight and obesity, abdominal obesity, frequent fast food consumption and low fruit and vegetables consumption.

Conclusion: The prevalence of dyslipidaemia is high among Fayoum university students. Important associated factors are obesity and overweight, physical inactivity, unhealthy dietary habits that need to be tackled through intervention programmes.