

P089**HIGH DENSITY LIPOPROTEIN CHOLESTEROL AND CORONARY RISK IN JAPANESE AGED PERSON**

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The purpose of this study was to assess the influence of serum lipids on coronary heart disease (CHD) incidence in Japanese elderly person 65 to 88 years of age.

342 aged person, 134 men and 208 women (mean age 73.6y) entered a 3 years random prospective study.

Electrocardiographic evidence of CHD revealed in 46 cases (13.5%).

The concentration of total cholesterol (TC) and high density lipoprotein-cholesterol (HDL) have examined, then, divided to 4 group.

Group I (HDL < 45mg, TC \geq 240mg) : 14 cases

Group II (HDL < 45mg, TC < 240mg) : 61 cases

Group III (HDL \geq 45mg, TC < 240mg) : 196 cases

Group IV (HDL \geq 45mg, TC \geq 240mg) : 71 cases

Incidence of CHD were 21.4% (Group I), 23% (Group II), 11.2% (Group III), 10% (Group IV).

Incidence of CAD in low HDL group was significantly higher than normal HDL group at Japanese elderly person.

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Title: Tobacco Smoking: major risk factor for increasing prevalence of coronary heart disease in Nepal and strategies to control the smoking epidemic in rural areas.

A recent survey of coronary heart disease among civil servants of Nepal has shown the prevalence rate to be 4.7%. Tobacco smoking has been identified as the most important risk factor. The prevalence of tobacco smoking in Nepal is one of the highest in the world for both men and women. The proportion of smokers is higher in the rural areas than in the urban areas. Under the circumstances, control of tobacco smoking is the most effective "mass strategy" to be adopted to control the increasing prevalence of coronary heart disease in Nepal.

A well planned intervention study using the village community themselves, has shown that it is possible to rapidly bring down the prevalence rate of tobacco smoking even in rural areas with low literacy rate.

P090**DECLINE IN CARDIOVASCULAR DISEASE MORTALITY IN BRAZIL: 1970 TO 1989**

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The historical trend of mortality by Cardiovascular Disease (CVD), Coronary Heart Disease (CHD), Stroke, Hypertension and Rheumatic Heart Disease (RHD) were studied in the more industrialized Brazil state, São Paulo, in the population 20-years-old or more. CVD are the leading cause of deaths in São Paulo since mid-1950's for both sexes. Stroke should be in the fourth place in the rank of the '27 industrialized countries' for males (M) in the seventh place to female (F). CHD is placed in tenth (F) and 24th (M). Age-adjusted rates for CVD mortality had a decline of 1.45% (M) and 1.91% (F) per year; Stroke 1.13% (M) and 1.17% (F); CHD 1.16% (M) and 1.12% (F); Hypertension 2.11% (M) and 2.85% (F); RHD 5.13% (M) and 5.39% (F). The male/female ratio had a small, but significant increase for CVD, CHD and Stroke. CHD is the main CVD subgroup and had started a downward trend only in 1976-77 in all age groups. Population with more than 60-years-old had a more significant fall in deaths rates.

Otherwise CVD mortality rates trends in other places, Stroke rates had a slow decline. Nevertheless, only men 60-years-old or more and women 50-years-old or more had beneficial changes.

Despite these recent changes, CVD is a main public health problem in Brazil, chiefly Stroke mortality. The high prevalence of hypertension in a westernized life-styled society may be the cause of this special mortality pattern.

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YEARLY COURSES FOR TEACHERS ABOUT PRIMARY PREVENTION AND RISKS OF SMOKING AND ALCOHOL. Arciti C.* Persici P., Pistone M.* Gallo M.* Barbieri A.* Santi L.*
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Each year starting from 1983, an updating Course is organized within a large program against smoking, addressed to teachers of primary and secondary schools in Genoa. The Course consists of 6 days during which health, economic and social problems related to smoking hazards, together with some topical subjects. Speakers are experts in oncology, epidemiology, toxicology and pneumology. The total number participants from the beginning amounted to 750 teachers. Questionnaire aimed at knowing the smoking habit and opinions related to prevention programs has been distributed to each participant. It shows that the percentage of teachers smokers (29%) does not vary from that of the general population (33%). Contrary to these data, 80% of teachers think that they should be responsible in the education against smoking in the school. About 90% is satisfied with the Course and nearly 70% thinks to be sufficiently prepared to implement a prevention program with students.

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