

9. TOTAL SERUM CHOLESTEROL LEVELS IN VILLAGERS FROM YATINUWARA M.O.H. AREA

A.B.C. AMERASINGHE AND N.P. SUMANAWEERA

*Department of Biochemistry, Faculty of Medicine,
University of Peradeniya.*

Measurements were made between February 1994 - June 1995 of total serum cholesterol in apparently normal Sinhalese adults from Yatinuwara M.O.H. area comprising 131 males and 162 females from 10 villages selected by stratified random and random sampling. Also ascertained of the sample were their Body Mass Index, occupation, income, family size, education, nutrition, smoking, alcohol consumption and any known illnesses. Only two individuals traveled to work from their villages. Blood was collected by venepuncture after breakfast between 8.30 a.m. and 1.30 p.m. Cholesterol levels estimated using Randox cholesterol reagents are tabulated below.

Total serum Cholesterol (mg/dl) of 293 villagers in Yatinuwara M.O.H. area						
Sex		Age (Years)				
		20-29	30-39	40-49	50-59	60-69
Male						
	X	185.5	212	211.8	194.5	202.9
	s.d.	23.8	53.8	38.5	37	51
	n	16	32	23	30	30
Females						
	X	197.6	200.6	204	220.8	222.9
	s.d.	43.3	34.7	34.7	41.8	49
	n	24	29	36	38	35

Conclusions : The mean total serum cholesterol estimate for Sinhalese males of the Yatinuwara M.O.H. area is 202.6 ± 44.5 mg/dl; for the females is 210.9 ± 42 mg/dl. The difference between means is significantly greater than the critical difference; $X_1 - X_2 = 8.25 > 0.0053$. Age dependent trends seen between sexes locally contrasts with those of U.S. whites. On U.S. standards (total serum cholesterol > 240 mg/dl) 13 per cent of the males are hypercholesterolemics while 19 per cent of the females fall in this category.