Abstract: Introduction: Cardiovascular disease and atherosclerosis are the leading causes of morbidity and mortality worldwide; hyperlipidemia & obesity are important independent risk factors for coronary heart disease. Considering the increasing rate of cardiovascular disease, the present study was conducted to determine the status of hyperlipidemia and obesity as major CVD risk factors in healthy blue-collar factory workers in Tabriz, Iran.

Methods: In this cross-sectional (descriptive-analytical) study, serum lipid levels (TG, Total Chol, LDL and HDL) and also anthropometric indices were measured by standard methods in 169 healthy blue-collar men, with a mean age of 33.61 ± 0.3 years who were recruited by simple sampling method. Classification of overweight & obesity was based on Body Mass Index (BMI) higher than 24.9 & 29.9 Kg/m² respectively.

Results: Based on the results of the present study, the prevalence of hypertriglyceridemia (TG>150 mg/dl) and hypercholesterolemia (Chol>200 mg/dl) were 23.66 % and 20.71%. Combination of hypertriglyceridemia & hypercholesterolemia was observed in 18.34% of the population. The Mean ± SE for BMI was 28.55±0.23 Kg/m²; the prevalences of obesity (BMI > 30) and overweight (BMI: 25-29.9) were 31.2 % & 57.8 % respectively.

Conclusion: Considering the high rate of hyperlipidemia and obesity, as two major risk factors for CVD, in this young population of apparently healthy blue-collar workers, screening of CVD risk factors and also nutritional education programs for healthy population might have a positive effect on cardiovascular disease prevention.