Inverse association was found, significant of hypertension occurrence in females, but the opposite association was found in males.

Methods
We evaluated 1771 adolescents at 13 year old as part of a population-based cohort study (EPTeen). Sleep duration was estimated by the difference between self-reported usual bedtimes and wake-up times and adolescents were classified in three categories: \( \geq 8.5 \text{ h} \) (reference class), \( > 8.5 \text{ h} \) and \( < 9.5 \text{ h} \) and \( \geq 9.5 \text{ h} \). Blood pressure (BP) was measured with a mercury sphygmomanometer using the auscultatory method, and hypertension was defined according to the American Academy of Pediatrics criteria. To evaluate the association between BP and sleep duration, OR and respective 95% CI, were computed, using the binary regression models adjusted for parents’ education, BMI and caffeine intake.

Results
The mean (SD) sleep duration was 9.04 (0.80) hours per day. The prevalence of hypertension was 22.4% and it was significantly higher among males (54.8% vs 45.2%; \( p=0.001 \)). After adjustment, in females, a positive association was found between sleep duration and hypertension (\( > 8.5 \text{ h} \) and \( < 9.5 \text{ h} \)): \( \text{OR} = 1.61, 95\% \text{ CI} 1.07 \) to 2.44; \( \geq 9.5 \text{ h} \): \( \text{OR} = 1.75, 95\% \text{ CI} 1.13 \) to 2.70). Among males an inverse association was found, significant only in those who slept \( \geq 9.5 \text{ h} \) (OR=0.62, 95% CI 0.40 to 0.95).

Conclusion
Sleep duration was positively associated with the odds of hypertension occurrence in females, but the opposite association was found in males.

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VERBAL FLUENCY TESTS RELIABILITY IN A BRAZILIAN MULTICENTRIC STUDY, ELSA BRASIL

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Introduction
Because of the pronounced and fast population ageing of low and middle-income countries, dementia is now a leading cause of disability. Verbal Fluency Tests (VFT) were used to assess cognitive functions in ELSA (Longitudinal Study of Adults’ Health - Brasil), a cohort that investigates incidence and predictors of chronic diseases among 15,000 civil servants (55–74 years old). The performance in VFT needs to be evaluated by a trained investigator, in order to count the words excluding repetitions and intrusions. As multicentric studies have to concern about the homogeneity of their interpretation, this study investigates the reliability of VFT scoring by supervisors of the six ELSA research centers, who independently judged 120 category (animals) and 120 phonemic (F letter) tests.

Methods
The scores were compared to a reference standard score obtained by independent judgement of two experts and ratings reliability obtained by Intraclass Correlation Coefficient (ICC) and Bland-Altman plot.

Results
Scores were very similar among centers and a high level of agreement was observed between each center and the reference standard. ICC values for both tests varied from 0.979 (95% CI 0.970 to 0.985) to 0.987 (95% CI 0.981 to 0.991). The Bland-Altman plot showed that the mean difference is small for both tests, and 95% of scores are located between the mean and 2 SDs.

Conclusion
These results show the importance of the implemented measures of quality assurance and control and allow ELSA to proceed upon its main objective, to identify social, psychological and biological predictors of cognitive decline in a Brazilian adult population.

P2-236
BETTER COGNITIVE FUNCTION ASSOCIATED WITH WHO RECOMMENDED FRUIT AND VEGETABLE INTAKE IN A LOW-INCOME ELDERLY POPULATION IN BRAZIL

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Introduction
Self-reported hearing loss can be itself a revelation indicator of handicap and it is quick and inexpensive to be performed. Moreover they could help to plan of hearing rehabilitation services. These data should be a tool to evaluate of the use of health services and proceed upon its main objective, to identify social, psychological and biological predictors of cognitive deficit in a Brazilian adult population.

Methods
We performed a cross-sectional analyses with 1849 participants \( \geq 65 \) years old, free of dementia, at the baseline of the population-based prospective SPAH study. Cognitive function was assessed using the Community Screening Instrument for Dementia (CSI-D), (scored as 0–80). Few cases with scores =0 were excluded. Cognitive deficit was defined as scores \( \geq 1.5 \) SDs of the mean population (CSI-D scores \( \leq 20.95 \)). Fruit and vegetable intake was estimated using a Food Frequency Questionnaire. The association between cognition and fruit and vegetable intake was investigated using multiple linear and logistic regression models.

Results
Multivariate analyses showed that a higher intake of fruit and vegetables was associated with higher cognitive scores. Individuals who consumed \( \geq 400 \) g/day presented a significant 42% lower risk of cognitive deficit. Nevertheless, adjusting for education significantly attenuated this association.