

Prevalence and factors associated with metabolic syndrome among Rajavithi Hospital personnel, Bangkok, Thailand

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Introduction: Metabolic syndrome (Mets) is a combination of medical disorders and increases risk of diabetes. Studies have shown inconsistent prevalence, but being elderly has often been found to increase the prevalence of Mets. This study aims to determine prevalence and factors associated with Mets among Rajavithi Hospital personnel.

Methods: A cross-sectional study was carried out between 2009 and 2011. Participants were aged 35 years or more. The number of participants each year was 504, 1,029 and 1,057 respectively. Using medical records after annual check-up, Mets was defined by the National Cholesterol Educational Program Adult Treatment Panel III (NCEP-ATP III). Multiple logistic regression was used to assess the factors associated with Mets. This study was approved by the ethics committee, Rajavithi Hospital.

Results: Most participants were female, mean age was 45.8 ± 7.6 , 45.6 ± 7.9 and 46.1 ± 7.1 years between 2009 and 2011. Mean age, BMI, waist circumference, triglyceride, glucose, uric acid and alanine aminotransferase (ALT) were significantly higher in those who had Mets in all three years. The prevalence of Mets at 2009, 2010 and 2011 was 7.1, 5.9 and 4.6 respectively. No risk factor associated with Mets was found in 2009. For the year 2010, older age was positively associated with Mets risk: 55-64 years old (OR=4.29, 95%CI: 2.07-8.86) and 45-54 years old (OR=2.36, 95%CI: 1.21-4.57). More risk was observed in males than in females (OR=2.05, 95%CI: 1.05-3.99). Work type as administration was significantly associated with Mets (OR=2.23, 95%CI: 1.12-4.43). For the year 2011, associated risk factor of Mets was increasing age: 55-64 years old (OR=2.59, 95%CI: 1.24-5.40).

Conclusions: The prevalence of Mets was low and slightly decreased by year. Associated risk factors of Mets were increasing age, male sex and individuals who work as administration. Some criteria were high in those who had Mets, and awareness should be raised to prevent Mets in the future.

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