

عنوان مقاله:

Prevalence of Metabolic Syndrome among Hospital Staff of Khalili Hospital, Shiraz, Iran

محل انتشار:

نشریه بین المللی علوم تغذیه, دوره 2, شماره 4 (سال: 1396)

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خلاصه مقاله:

Background: Metabolic syndrome (MetS) is considered to be a cluster of metabolic risk factors. The purpose of the current study was to determine the prevalence of MetS using 4 different definitions, including the modified Adult Treatment Panel III (ATP-III) for Asians, the American Association of Clinical Endocrinologists (AACE), the International Diabetes Federation (IDF), and Harmonized criteria, its 5 interrelated components, and their association with socio-demographic and anthropometric factors among Khalili Hospital's personnel, Shiraz, Iran. Methods: Eighty six females and 73 males from Khalili Hospital staff with the mean age of 37.5 ± 8.5 years and 39.2 ± 8.2 years, respectively were recruited and completed the course of the study. Socio-demographic, anthropometric, and biochemical parameters were collected. Data were analyzed using SPSS version 19. Results: The prevalence of MetS in the study population was 27.7%, 7.5%, 24.5%, and 27.7% based on modified ATP III for Asians, AACE, IDF, and Harmonized definitions, respectively. The mean value of body mass index (BMI) and waist to hip ratio (W/H) was 25.3 ± 4.0 kg/m² and 0.9 ± 0.1 , respectively. The prevalence of MetS was only significantly higher in males than in females according to IDF criteria (30.1% vs. 19.8%; $p=0.027$). Neither educational status nor familial history of chronic diseases had a significant association with the prevalence of MetS ($p > 0.05$). Conclusion: Applying definitions with ethnicity-specific abdominal obesity cut-points seems to be better for diagnosis of the syndrome.

کلمات کلیدی:

prevalence, Metabolic Syndrome, hospital, Staff, Iran

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