عنوان مقاله:

Prevalence and Covariates of Metabolic Syndrome among Elderly People Living in Nursing Homes, Semnan, Iran

محل انتشار:

مجله بین المللی مطالعات سلامت, دوره 7, شماره 2 (سال: 1400)

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نویسندگان:

Aisa Bahar ۱ - .۱. Department of Biochemistry and Hematology, Semnan University of Medical Sciences, Semnan, Iran

Mehri Delvarianzadeh ۲ - .۲. School of Public Health, Shahroud University of Medical Sciences, Shahroud, Iran

Farideh Khosravi ۳ - .۳. Environmental and Occupational Health Research Center, Shahroud University of Medical Sciences, Shahroud, Iran

Naheed Aryaeian ۴ - .۴. Research Center for Environmental Health Technology, School of Public Health, Iran University of Medical Sciences, Tehran, Iran

Ali Dadgari ۵* - .۵. School of Nursing, Shahroud University of Medical Sciences, Shahroud, Iran

خلاصه مقاله:

Backgrounds: The study aimed to determine the prevalence and covariates of metabolic syndrome among the elderly residents in nursing homes in Semnan Province, Iran.Methods: This cross-sectional study was conducted among aged participants institutionalized in nursing home in ۲۰۱۸. The study participants' characteristics were assessed using a demographic assessment form. Moreover, the Mini Nutritional Assessment (MNA) questionnaire, Mentally Assessing Nutritional Assessment (MANA), Katz's Index of Independence in Activity of Daily Living, Mini-Mental State Examination (MMSE) and well-being were applied to assess the participants' physical and mental status. In addition, Para-clinical and biochemical tests for diagnosis of metabolic syndrome used based on the Adult Treatment Panel (ATPIII).Results: In this study, of ۱۲۹ eligible participants, ۲۷.۷% were suffering from metabolic syndrome. The prevalence of MS in male and female subjects were ۲۶.۶% and ۲۸%, respectively. The results of the study indicated a significant relationship between metabolic syndrome and nutritional statues (Pvalue=۰.۰۰۴), mental status (Pvalue=۰.۰۰۱) and ADL (Pvalue=۰.۰۰۳). Moreover, the results showed no significant relationship between well-being and metabolic syndrome. Of all variables of the study, significant relationship between smoking habit, lack of daily activity, abdominal obesity, high systolic and blood pressure, high density lipoprotein cholesterol (HDL-C) HDL-cholesterol, Waist Circumference (WC), systole blood pressure (SBP) were found to be statistically significant.Conclusions: The findings of the study indicated the prevalence of metabolic syndrome among institutionalized elderlies is high. It is recommended to implement preventive and therapeutic measures in this vulnerable group of elderly people.Key words: Metabolic Syndrome, Elderly People, Nursing Homes, PrevalenceBackgrounds: The study aimed to determine the prevalence and covariates of metabolic syndrome among the elderly residents in nursing homes in Semnan Province, Iran. Methods: This cross-sectional study was conducted among aged participants institutionalized in nursing home in ۲۰۱۸. The study participants' characteristics were assessed using a demographic assessment form. Moreover, the Mini Nutritional Assessment (MNA) questionnaire, Mentally Assessing Nutritional Assessment (MANA), Katz's Index of Independence in Activity of Daily Living, Mini-

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