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### **Metabolic syndrome prevalence among the elderly: secondary data analysis from annual health check-ups**

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**Background and Aim:** The aging population is growing at an incredibly fast rate along with a dramatically increasing prevalence of overweight and obesity because of changes in dietary habits and more sedentary lifestyles in the Thai population. The aim of this study was to describe the prevalence of metabolic syndrome (MetS) among Thai elders.

**Method:** The data from the annual health check-ups of 432 elders (aged  $\geq 60$  years) from January to December 2014 was analyzed. The data included was waist circumference, systolic and diastolic blood pressure, lipids, and fasting plasma glucose. MetS was defined according to the National Cholesterol Educational Program for Adult Treatment Panel III (NCEP-ATP III) criteria. The statistical data analyzed in this study were percentage and chi square.

**Results:** Of the 432 elders included in the study 211 elders (48.8%) were male and 221 elders (51.2%) were female. The mean age was 65.8 years old (min-max = 60-90 years old) The prevalence of abdominal obesity, hypertension, low high-density lipoprotein cholesterol, hypertriglyceridemia, and hyperglycemia were 47%, 69.9%, 48%, 36.9% and 32% respectively. According to NCEP-ATP III criteria, the prevalence of MetS among Thai elders aged  $\geq 60$  years was 35.9%. This prevalence was higher in women (40.3%) than in men (31.3%) but the difference did not reach statistical significance ( $p$ -value  $> 0.05$ ).

**Conclusions:** The prevalence of MetS was high among Thai elders, especially in women. These findings indicate the need for early detection and prevention of individual risk factors such as hypertension, hyperlipidemia and hyperglycemia. Moreover we have to manage these risk factors before the development of metabolic syndrome in the elderly.