

Investigation on Distributies of Metabolic Syndrome and Related Factors of Health Promotion in Health Professionals

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ABSTRACT

This study investigates the epidemiological characteristics of metabolic syndrome(MetS)among health professionals and the practice of ealth-promoting lifestyles. We summarize the demands among the health professionals after statistical analysis, and wish to provide guidelines for managers of hospitals when planning and implementing the health promotion programs for their staff. This study was conducted in a medical center in central Taiwan. A total of 592 health professionals, 168 males and 424 females with mean(standard deviation)age of 45.6(?b4.8) years, who underwent the health examination were enrolled for data analysis. Laboratory tests were performed to identify the subjects with metabolic syndrome, and a structured questionnaire was self-administered by participants to obtain the practice and related factors for health-promoting lifestyles. Result: 1. The prevalence of metabolic syndrome in the health professionals varied by different definitions: 9.5% by modified NCEP: ATPIII-MetS (18.4% for male and 6.0% for female); 12.6% by IDF modified NCEP: ATP -MetS (25.2% for male and 7.6% for female); 7.25% by IDF-MetS (12.2% for male and 5.2% for female). 2. Subjects with metabolic syndrome tended to have higher white blood cell counts, BASO, liver function tests(SGOP and SGPT), renal function test(creatinine), cholesterol, uric acid, and CEA readings compared to those without the syndrome. 3. The average score of sleep satisfaction was significantly lower among subjects with metabolic syndrome than those without the syndrome, P

Keywords : metabolic syndrome, prevalence, regular exercise, tea drinking, alcohol drinking, cigarette smoking

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