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제 목	국문	대사증후군의 유병상태와 위험요인			
	영문	Metabolic syndrome and its relations in adults			
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<p>1. Introduction</p> <p>Metabolic syndrome is a clinically defined disease entity including diabetes mellitus, high blood pressure, hyperlipidemia, and central obesity. The syndrome accounts for 20-30% of middle aged adults in westernized countries and plays a significant role in chronic diseases. In our current study, we determined the status of metabolic syndrome and evaluated its relations with possible risk factors in adults.</p> <p>2. Methods and Materials</p> <p>A hospital based cross-sectional study was designed. During 2001, 3,024 subjects were examined in a health promotion center. Metabolic syndrome was defined as high fasting blood sugar(≥ 110 mg/dL), high blood pressure($\geq 130/85$ mmHg), high triglyceride(≥ 150 mg/dL), low HDL(< 40 mg/dL for male, < 50 mg/dL for female), and central obesity. General characteristics and possible risk factors were collected and compared. Multiple logistic models were applied to control for confounders and interactions between covariates were evaluated.</p> <p>3. Results</p> <p>The prevalence of metabolic syndrome was 22.6% and significantly related to age, gender, smoking, drinking, physical activity, diet, and obesity in crude analysis. After controlling for possible confounders, physical activity and BMI were remained significant independent predictors.</p> <p>4. Discussion</p> <p>Our results suggested that metabolic syndrome is associated with aging and fatness, and regular exercise reduces the risk of the syndrome in adults.</p>					