Prevalence of Risk Factors for Metabolic Syndrome in Uninsured Hispanic Adults from Low Income Communities in El Paso, Texas

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BACKGROUND

• Metabolic syndrome (MetS) is defined as having 3 out of the 5 risk factors shown in the diagram1-2.
• Having Mets is a risk for cardiovascular disease and other related chronic diseases3.
• In the U.S., nearly 35% of the adult population have MetS4.
• This study researched the prevalence of risk factors for MetS among uninsured, low socioeconomic status adult Hispanics in El Paso, Texas.

METHODS

• This study is part of a large scale epidemiological study; data were collected and include 657 uninsured Hispanic residents in the Housing Authority of the City of El Paso, Texas.
• Socio-demographic information, biometric and biochemical measurements were gathered on site by a trained team of health professionals.
• Logistic regression analyses were used to determine the odds ratio (OR) for each risk factor and for MetS itself through a model that included their demographics.

RESULTS

Fig. 1: Metabolic syndrome risk factors and their current diagnostic values

Fig. 2: The Housing Authority of the City of El Paso sites visited

Fig. 3: Participant distribution by age group

Fig. 4: Participant distribution by sex

Fig. 5: Demographic characteristics of participants

Fig. 6: Prevalence of MetS and its categories by sex and by age

• Having a large waistline was significantly higher in women (18%) compared to men (13%) despite taking in considering the different diagnostic values by sex (p=0.001).
• The overall prevalence of MetS in the study population was 53%.

CONCLUSIONS

• Compared to national rates5, and other studies in Hispanics6-8 this research reports that the study population has a much higher prevalence of risk factors for MetS.
• A fair or poor perceived health was associated with MetS.

REFERENCES

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