

OP 01 Metabolic syndrome among bank officers in Jaffna Municipality area

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Introduction & Objectives: The aim of this study was to determine the prevalence of metabolic syndrome (MS) using International Diabetes Federation (2006) guidelines and to describe the associated risk factors for MS in bank officers in Jaffna Municipality area.

Methods: All bank officers employed in Jaffna Municipality area were included. Anthropometric and blood pressure measurements and overnight fasting blood samples were collected. Interviewer administered questionnaire was employed to collect relevant information. Biochemical parameters were analyzed by the enzymatic colorimetric assay.

Results In this study, 223 subjects aged between 20 to 60 years contributed voluntarily. Of them, 57.4% (n=128) were males. Prevalence of MS was 15.7% (n=35, 95% CI: 8.8-16.2) and it was higher in males (21.9%) than in females (7.4%) ($p=0.003$). The subjects in the age group of 50-59 years showed high frequency of MS (53.8%). Prevalence of MS was higher among Managers (31.9%) than in Cashiers (12.8%) and Assistants (10.9%). Smoking ($p=0.041$) and alcohol consumption ($p<0.0001$) were found to be significantly associated with MS. Prevalence of central obesity was 39.9% (n=89) and it was higher in males (31.8%) than that of females (17.9%). Impaired fasting glucose was observed in 25.6, 32 in males and in females respectively 8 and 15.8% of the total population. Hypertriglyceridemia was observed in 11.7% (n=26) of the study subjects and was higher among males (18.8%) than in females (2.1%). About 37.5, 32 of the study subjects, males and females respectively had low HDL concentration. High blood pressure was found in 29.1% (n=65) of the study subjects and the number was higher in males (38.3%) than in females (16.8%).

Conclusion: In conclusion, male bank officers in higher positions are more likely to develop MS. Age could be a confounding factor here. Alcohol consumption and smoking showed association with MS.