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Metabolic syndrome: Evidences from the Korean National Health and Nutrition Examination Survey

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Metabolic syndrome (MS) prevalence in Korea increased between the mid-1990s and mid-2000s; however, no data on the recent trends of MS prevalence are available. Furthermore, the Korean Government and the Korean National Assembly approved laws on health promotion and disease prevention, and one of the main targets of Health Plan 2020 is to reduce smoking, alcohol drinking and obesity. This policy includes lifestyle interventions, food safety and public education about healthy eating behaviors and physical activity. Therefore, a study is needed as a part of evaluation of the effectiveness of this intervention. We carried out the study using data from the Korean National Health and Nutrition Examination Survey from 2008 to 2013 to determine the prevalence trend of MS and risk factors. The revised National Cholesterol Education Program criteria were used for defining MS. A total of 34,587 men and women were included in the analysis. We found that MS prevalence in Korea is high, but did not follow a significant trend during 2008-2013. Several factors contributed to the stable MS prevalence: On the one hand, increased prevalence of high FPG, high BP, calorie intake and physical inactivity and on the other hand, decreased prevalence of abdominal obesity and smoking. Greater awareness of MS and its health consequences can help optimize the treatment of risk factors. Furthermore, risk factors such as smoking, alcohol drinking, obesity, diet and physical inactivity need to be considered in public health interventions. A multidimensional approach is vital to prevent future increases in MS.

Reference: Tran, Binh Thang, Bo Yoon Jeong, and Jin-Kyoung Oh. "The prevalence trend of metabolic syndrome and its components and risk factors in Korean adults: results from the Korean National Health and Nutrition Examination Survey 2008–2013." *BMC Public Health* 17.1 (2017): 71.

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Biography

Binh Thang Tran is currently a Graduate student in the National Cancer Center Graduate School of Cancer Science and Policy, South Korea. He has also formerly worked for Hue University of Medicine and Pharmacy, Hue city, Vietnam, as a Research Associate for 5 years. His research interests focus on the health evaluation and cancer prevention.

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