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Difference in the incidence of metabolic syndrome among the disabled and non-disabled people

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Introduction

The prevalence of metabolic syndrome is also increasing in Korea due to changes in diet and lifestyle. Metabolic syndrome is associated with cardiovascular disease, insulin resistance, and hypertension. Prevention and treatment of metabolic syndrome is considered to be important for lowering the social burden caused by metabolic syndrome. There are many studies to report the prevalence of metabolic syndrome and efforts to prevent and treat it in normal adult people. However, there are no studies about incidence of metabolic syndrome in disabled people. The aim of this study was to investigate the incidence of metabolic syndrome in the disabled people and to compare the incidence of the non - disabled people.

Materials & Methods

From 2002 to 2013, the data were analyzed based on the cohort data of the National Health Insurance Corporation. The metabolic syndrome was defined according to the ATP-III guideline. However, it was difficult to obtain data on waist circumference, TG, HDL-C, blood pressure, and fasting blood glucose. So metabolic syndrome was defined when people took medicines for hypertension, diabetic mellitus and dyslipidemia.

Results

The incidence of metabolic syndrome was 13.4% and 20.2% in the disabled and non - disabled, respectively. According to the age, the percentage of the under-40s was the lowest in the non-disabled group and the similar ratio was in the 50s, 60s, and 70s or older. However, all age groups showed similar rate in disabled group. When compared to the non - disabled group, the incidence rate of the metabolic syndrome was 1.43 times higher than the non - disabled group. According to gender, the incidence of metabolic syndrome in the disabled group was significantly higher in both men and women than in the non-disabled group. By age, the incidence of metabolic syndrome in disabled group was significantly higher in the under-40s and 60s than in non-disabled group.

Conclusion

There is a higher incidence of metabolic syndrome among people with disabilities than non-disabled people. Therefore, active health care is needed to prevent and manage the metabolic syndrome of the disabled