

재활정책

게시일시 및 장소 : 10 월 19 일(토) 08:30-12:30 Room G(3F)

질의응답 일시 및 장소 : 10 월 19 일(토) 11:00-11:30 Room G(3F)

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Comparison of Incidence Risk of Metabolic Syndrome in the Disabled and the Non-disabled

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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 a metabolic disorder associated with abdominal obesity, high blood pressure, dyslipidemia, and high blood sugar. It is known to be a risk factor for cardiocerebrovascular diseases. Prevention and treatment of metabolic syndrome is considered to be important for lowering the social burden caused by metabolic syndrome. There are some studies to report the prevalence or incidence 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 and incidence risk of metabolic syndrome of the non-disabled.

Materials & Methods

Data were obtained from 2009 to 2015 from the National Health Information Database (NHID). The disabled who were first enrolled as brain lesion disability or people with physical disability and the non-disabled who were matched using propensity score matching were enrolled. The metabolic syndrome was defined according to the ATP-III guideline. We investigated the incidence of metabolic syndrome in the disabled and the non-disabled. The demographic characteristics, socioeconomic factors, clinical characteristics and lifestyle in NHID were used to investigate the association of the metabolic syndrome between the disabled and the non-disabled. Chi-square test was performed to determine the descriptive statistics and frequency of various factors.

Results

The incidence of metabolic syndrome was 34.05% in non-disabled and 40.33% in the disabled. The incidence risk of metabolic syndrome was higher in both the disabled and non-disabled groups in women, medical aid group, living in small cities, high cholesterol or heart disease group, overweight or obese group and ex-smoker or current smoker. The

incidence risk of metabolic syndrome was 1.24 times higher in the disabled and it was significantly higher in the disabled group in all variables.

Conclusion

The incidence of metabolic syndrome was higher in the disabled than the non-disabled, and the disabled group was vulnerable to the risk of the metabolic syndrome compared to the non-disabled. The result of this study can be used as a reference for the prevention of the metabolic syndrome of the disabled and active health care is needed to prevent and manage the metabolic syndrome of the disabled.