

PREVALENCE OF METABOLIC SYNDROME IN ADULTS OF PANAMÁ CITY AND COLON: A POPULATION-BASED RESEARCH

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Objective: To identify the relationships between Metabolic Syndrome and sociodemographic, economic, and lifestyle aspects. **Methods** This is an analytical and cross-sectional study, with a representative sample of the adult population, from urban and rural areas, from the cities of Panama and Colon, totaling approximately 3,501 participants, was used a data base of study of Prevalence and risk factor of Chronic Disease in adult of Panamá and Colon (PREFREC 2010). The Metabolic Syndrome was considered the dependent variable and its diagnosis was followed the recommendations of The National Cholesterol Education Program Adult Treatment Panel III (NCEP-ATP III) and independent variables were sociodemographic, economic, lifestyle variable. For statistical purposes, in the initial phase of the studies, was did an exploratory and descriptive analysis of the Metabolic syndrome variable was carried out with the biochemical, anthropometric, sociodemographic, economic, lifestyle variable, in order to provide basic epidemiological information. The student test was used to carry out the descriptive association analysis using the SPSS version 20 software. **Result:** The prevalence global of metabolic syndrome was 39.5% mostly in the 40 -59 years old (47,9% p-value 0.001), female sex (66% p-value 0.001), black people (76,4% p-value 0.004), familiar ticket ≤ 250.00 (42,5% p-value 0.601) and single marital status (69,7% p-value 0.001). The most representative lifestyle habit was alcohol consumption (65,2% p-value 0.001). **Conclusion:** Given the high cost to health systems of the damage caused by Metabolic Syndrome it is vitally important to draw attention to modifiable and highly vulnerable risk factors to prevention and treatment measures.

Key words: metabolic syndrome, adults, cross-sectional studies.