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Prevalence of metabolic syndrome in adult men of the Dschang Health District in Western-Cameroon

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In developing countries, increasing urbanization and lifestyle changes are helping to increase the prevalence of the Metabolic syndrome (MetS) among the population. The objective was to determine the MetS prevalence of men aged between 30 to 60 years. A total of 254 initially in apparent good health who consented freely were divided into three age groups. They were randomly selected from 10 urban and rural areas. After obtaining ethical clearance, patterns of diet and physical activity, data on socio-demographic conditions were identified by a questionnaire. Nurses measured anthropometric parameters and biomarkers were assayed. The MetS prevalence was 38.98% in Dschang Health District and we found 31.97% and 48.6% in the rural and urban areas respectively. This prevalence of MetS among the participants in this study showed a close association with the lifestyle with 38.24% of overweight people and 14.7% of obese patients. The 51-60 age group consumes very salty with 63.64% and 50% of people in rural and urban areas respectively. Similarly, they consume more than five times per week unrefined red oil with 64.86% and 66.67% in rural and urban areas respectively. We found in the drinkers a prevalence of 71.53% and 41.67% among smokers while only 19.3% of the University with the MetS was identified. This study of people living in two different environments showed that educational level, occupation and even marital status influence diet, alcohol consumption, tobacco intake and physical activity with a relatively high prevalence of MetS as a consequence in the Dschang Health District.

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