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Prevalence of metabolic syndrome and its modifiable risk factors among the elderly in Nsukka LGA Enugu State, Nigeria

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This study was carried out to assess the prevalence of metabolic syndrome and its modifiable risk factors among the elderly in Nsukka LGA Enugu State, Nigeria. The study adopted a cross sectional survey design. A sample of 234 elderly people aged 65 years and above was selected from the Nsukka LGA Enugu State using a multi stage sampling technique. Data were collected using a structured questionnaire, anthropometric measurement and biochemical test of the subject's blood sample using a standard procedure. Data collected were classified and categorized using standard indicator for the parameters of interest and analyzed using Statistical Products for Service Solution, (SPSS) version 23. Statistical analysis was carried out using Chi-square test and Pearson correlations analysis to determine the relationships between variables. Significant level was accepted at $p < 0.05$. Result shows that about 78.2% of the subjects sampled for the study were between the age of 65 to 70 years, 53.8%

were female while 46.2% were male. About 40.2% had no formal education, 46.6% were farmers and 77.8% earned less than ₦50,000 as monthly income. About (40.2%) of the subjects skipped meals, 78.2% consumed alcohol, 4.7% and 38.5% smoke cigarette and take snuff, respectively. About 9% of the subjects were diagnosed with metabolic syndrome according to WHO classification, about 36.8% had elevated blood pressure, 24.8% had hyperglycemia, 72.6% had abdominal obesity and 45.8% had elevated triglyceride. There was a significant relationship between the poor lifestyle and presence of metabolic syndrome among the elderly people in the study area. The study revealed prevalence of metabolic syndrome and risk factors such as poor lifestyle, elevated blood pressure and triglyceride; hyperglycemia and abdominal obesity among elderly people in the study area.

Keyword: Metabolic syndrome, modifiable risk factors, elderly

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