

RISK OF METOBOLIC SYNDROME: A LONGITUDINAL STUDY

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The purpose of this study is to estimate the incidence of metabolic syndrome (MS) in adult population in Taiwan who were examined at a large health screening center, and to assess possible socioeconomic and life-style determinants of these outcomes in this sample. The study includes up to 32,548 adults, who visited the health screening center in three-years stages (2006-2008, 2009-2011 and 2012-2014) during the 9 years. Gender and age, family history, socio-economic condition and life-style associated the health outcomes were included. The study finds that the proportions of MS increase during the three stages, irrespective socioeconomic and life-style pattern ($p < 0.001$). Subjects who are male, married, low education, low income, unemployment have higher risk of MS. Bad habits like as smoking, drinking, betel chewing and less sleep raise risk. In the other hand, vegetarian and vitamine intake decreases the incidence of MS. Intensive physical activity (equal to or over than 7 hours/week) cannot lower down the risk but increases as slowly than less activity in later life. In next step, we will discuss our findings in the context of the life course perspective with latent transit model, emphasizing that human development is influenced by a nexus of social and behavior experiences that impact individuals through life.

Biography

Chih-Ming Lin obtained his PhD from National Yang-Ming University, with the specialties including Public Health and Social and Community Medicine, then started working at Ming-Chuan University where he has continued his research. Presently he has been working at Taoyan City, Taiwan.

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