

Disease Burden and Associated Risk Factors for Metabolic Syndrome among Adults in Ethiopia

Samrawit Solomon

St paul's hospital millennium medical college, Ethiopia



Abstract

Metabolic Syndrome (MetS) and Non-communicable diseases (NCDs) are alarmingly increasing in low-income countries. Yet, very limited is known about the prevalence and risk factors associated with MetS in Ethiopia.

Methods: A cross-sectional study was conducted among adult outpatients (N=325) at St. Paul's Hospital Millennium Medical College in Addis Ababa, Ethiopia. The study was conducted in accordance with STEPwise approach of the World Health Organization. MetS was defined using modified National Cholesterol Education Program's Adult Treatment Panel III criteria. Univariate and multivariate analyses were performed.

Results: The overall prevalence of MetS was 20.3%. Among the 325 participants, 76.9% had at least one MetS components. Reduced high-density lipoprotein cholesterol was the most common MetS component at 48.6%, followed by elevated blood pressure at 36.3%, and elevated fasting glucose at 32.6%. Older age (odds ratio [OR]=4.15; 95% confidence interval [CI]=1.43-12.04), Amhara ethnicity (OR=2.36; 95%CI=1.14-4.88), overweight status (OR=2.21; 95%CI=1.03-4.71), higher income (OR=3.31; 95%CI=1.11-9.84) and higher education levels (OR=2.19; 95%CI=1.05-4.59) were risk factors for MetS.

Conclusion: The disease burden of MetS among Ethiopians is high, and is associated with age, weight, income, education and

ethnicity. Comprehensive screening and assessment of MetS is needed along with effective preventive and treatment strategies in low-income countries, such as Ethiopia.

Biography

Samrawit Solomon Ethiopia (MD, MPH, assistant professor of public health) has more than seven years' experience working as a clinician and academician assuming different leadership roles. "She is currently working as an assistant professor of public health at St. Paul's hospital millennium medical college, department of public health assuming head of the department role

Speaker Publications:

1. Diagnosis and Risk Factors of Advanced Cancers in Ethiopia; J Cancer Prev 2019; 24:163-72
2. Prevalence of initiation of complementary feeding at 6 months of age and associated factors among mothers of children aged 6 to 24 months in Addis Ababa Ethiopia; BMC Nutr 4,54(2018); doi:10.1186/s40795-018-0264-5
3. Disease burden and associated risk factors for metabolic syndrome among adults in Ethiopia; BMC Cardio-vasc Disord 19,236 (2019); doi:10.1186/s12872-019-1201-5

[International Webinar on Epidemiology and Infection 2020](#)- August 28, 2020.



Abstract Citation: Samrawit Solomon, "Disease Burden and Associated Risk Factors for Metabolic Syndrome among Adults in Ethiopia", Epidemiology Webinar 2020, International Webinar on Epidemiology & Infection 2020, August 28, 2020