



Prevalence of metabolic syndrome for employee of a Veterans General Hospital in 2007~2016

Hsiao-Hui Chiu

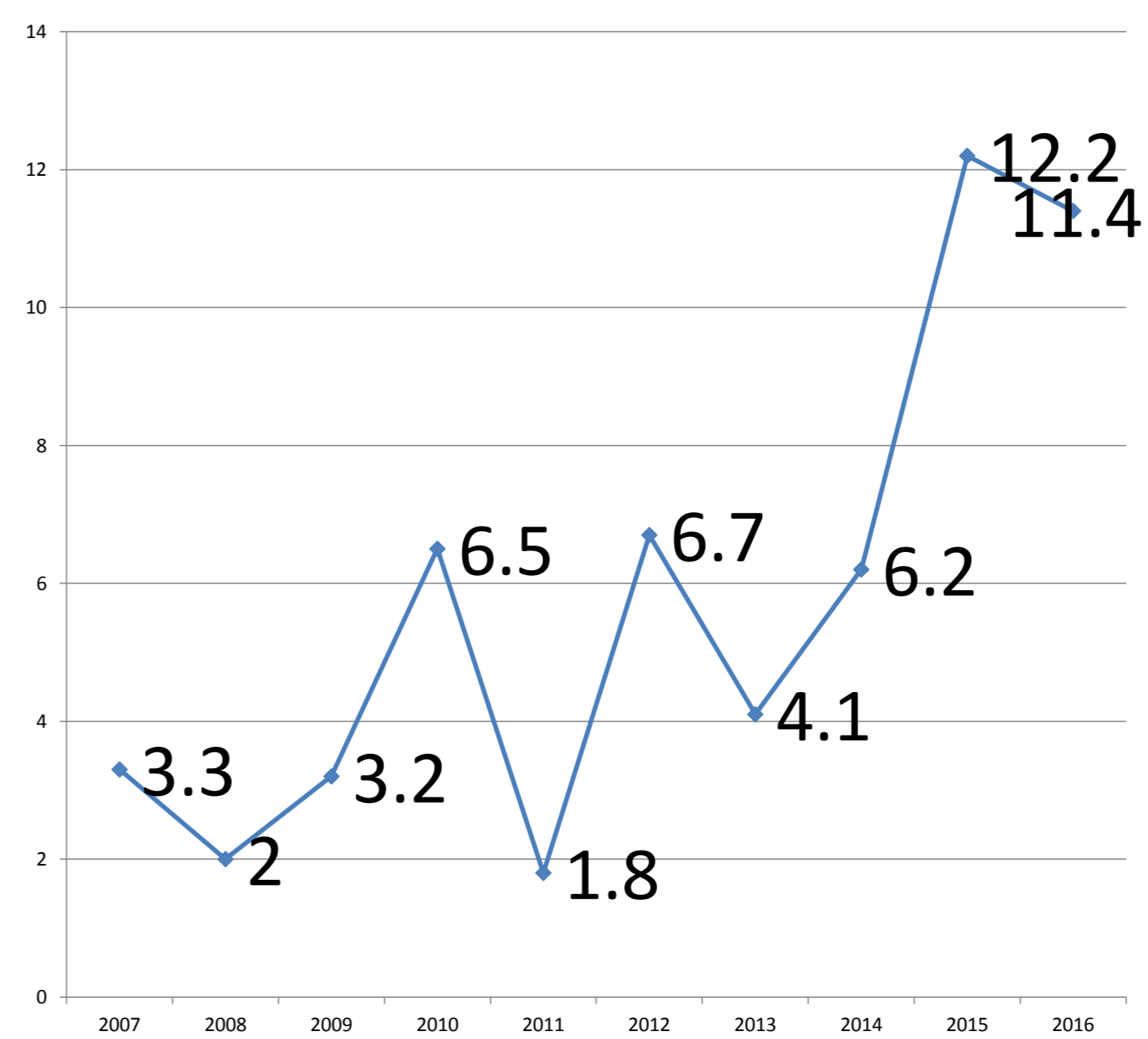
Doctoral Student, Department of Nursing, National Taipei University of Nursing and Health Sciences, Taipei, Taiwan

Background : Night shift workers are in high-risk working environment. Healthy improving hospital takes employees' health as an incidence. This research explored the 10-year prevalence rate of metabolic syndrome for employees based on their genders, ages, occupation in different years. This is an important issue to promote the employees' health.

Method : The health examination data traced back to 10 years by the retrospective study method. The analysis data is from employees' health examination database of Veterans General Hospital. The target includes administrative staff, physician, medical technology and nurse staff.

Results : Analyze 26,704 people; the average annual prevalence rate of metabolic syndrome is 5.7%. The metabolic syndrome prevalence rate in 2016 is 11.4%, which is rising from 3.3% of the prevalence rate in 2007. The average age of health examination of the first year is 33±10.7 years old. Female sample account for 72.4% and that of the nurses account for 38.4%. The average rate of metabolic syndrome prevalence is 6.2%, men 10.6% significantly greater than female 4.3%. The prevalence rate of metabolic syndrome of administrative staff is 12.0%, physician 6.8%, medical technology 4.4%, and nurse staff 3.2%. The prevalence rate to age are 51-65 years old for 13.1%, 41-50 years old 6.5%, 30-40 years old 3.7%, under 30 years old 1.2%. All the factors, such as gender, occupation, and age, had significantly correction with happening of metabolic syndrome.

Mets Prevent Rate



year	Exam. No	Mets No	Prevence Rate(%)
2007	1461	48	3.3
2008	3421	68	2
2009	3096	98	3.2
2010	2168	141	6.5
2011	872	16	1.8
2012	2420	161	6.7
2013	2887	119	4.1
2014	4008	247	6.2
2015	3314	403	12.2
2016	3057	347	11.4

Conclusions:

The goal of the healthy improving hospital is to improve the health of the employees. The occupational safety chamber is responsible for the heath of employees, which should arrange the health examination routine. The purpose is to discover the disease in the early stage to prevent it from getting worse. This study discovers the high risky group of metabolic syndrome to be the reference for the plan of health improving in the hospital. It suggests an intense prevention of metabolic syndrome for the new recruitments, administrative staff, and the group with age between 51 and 65. The prevention includes handling the life style mode for health improving to raise the heath condition of employees, establishing the health databank of employees, and tracking the health management of employees in the long term.