A Correlational Study in Older Adults With Metabolic Syndrome

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Purpose

To investigate the correlated factors of elderly people with metabolic syndrome.

Methodology

1.Cross-sectional survey and convenient sampling.
2.Questionnaire assessing personal information, disease related information, health promotion lifestyle and perceived health status of each respondent.
3.The respondents were selected from elderly people who took a health exam in a regional hospital in Taipei City in 2010 and elderly people who needed to visit the hospital for follow-up assessment or treatment of metabolic syndrome.

Result

Table1 Health promotion lifestyle. perceived health status scores distribution and compare

M±SD

Variable	Non-metabolic syndrome (n=90)	Metabolic Syndrome (n=94)	Total (n=184)	t	p
Health promotion lifestyle	69.92±17.98	64.06±20.30	66.92±19.37	2.06	.04*
Nutrition	11.51±2.62	10.66±3.02	11.08±2.85	1.92	.10
Health responsibility	10.24±4.39	9.56±3.86	9.89±4.12	1.26	.24
Self-realization	15.81±4.91	14.46±5.49	15.10±5.23	5.93	.00**
Relationships	12.40±3.24	11.33±3.67	11.68±3.48	11.67	.00**
Exercise	3.94±1.23	2.94±1.05	3.44±1.40	5.49	.01*
Stress management	16.40±3.67	15.12±4.11	15.74±3.91	4.84	.00**
Perceived health status	18.02±2.87	16.36±2.97	17.17±3.03	1.14	.25

*p<.05 **p<.01

Table 2 Demographic variables. disease characteristics. perceived health status and health-promoting lifestyle correlation analysis

Variables	r	Health promotion lifestyle	Perceived health status	Age	Metabolic syndrome factors	Chronic disease
Health promotion lifestyle		1				
Perceived health status		.21**	1			
Age		-.24**	-.28	1		
Metabolic syndrome factors		-.19**	-.13	.06	1	
Chronic disease		-.20**	-.14	.04	.97**	1

Table 3 metabolic syndrome logistic regression analysis

Predict Variables	Non-metabolic syndrome	Metabolic Syndrome	OR	95%CI	p
Sex					.23
Male	39(43.3)	49(52.1)	1.42	〔.09,2.98〕	
Female	51(56.7)	45(47.9)	1		
Occupation					.60
Yes	20(22.3)	18(19.2)	1		
No	70(77.7)	76(80.8)	1.20	〔.53,2.67〕	
Marriage					.38
Yes	71(78.9)	69(73.5)	1		
No	19(21.1)	25(26.5)	1.35	〔.62,2.87〕	
Religion					.86
Yes	62(68.9)	66(70.3)	1		
No	28(31.1)	28(29.7)	0.93	〔.48,1.97〕	
Education					.00**
More than high school degree	55(58.8)	39(41.2)	1		
Junior level below	35(38.8)	55(58.8)	2.21	〔1.24,4.30〕	
Health promotion lifestyle			.99	〔.95,1.02〕	.04*
Perceived health status			.98	〔.96,0.99〕	.25
Age			.91	〔.78,1.06〕	.35
Negelkerke R^2	.09				
Chi-square	7.04(p=.53)				

Conclusion

For elderly people, especially for those who were less educated, more effort should be made to enhance their abilities to maintain their own health and well-being through health promotional lifestyles.