

3rd International Conference and Exhibition on **Obesity & Weight Management**

December 01-03, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

Metabolic syndrome: Risk factors and predictors among adults in Saudi Arabia

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Background: Metabolic Syndrome (MetS) is a cluster of established cardiovascular risk factors that collectively increase predisposition to major chronic diseases including heart diseases and diabetes mellitus. Citizens of developing countries such as Saudi Arabia are at risk for MetS secondary to industrialization and accessibility to fast foods. In this epidemiologic study, the kingdom-wide prevalence of MetS is determined.

Methods: A total of 4578 Saudis aged 15-64 were randomly selected from 20 regions all over Saudi Arabia. Anthropometrics were collected and fasting blood samples collected ascertaining fasting blood glucose and lipid profile. Components of full MetS as defined by the International Diabetes Federation (IDF) were used for screening.

Results: The over-all prevalence of MetS is 28.3%. Males had a significantly higher prevalence than females (31.4 versus 25.2%; $p=0.001$). Prevalence of MetS showed a parallel increase with age, and inversely with educational status as well as income. Region also played a significant contributor to MetS.

Conclusion: Despite accumulating evidence of an epidemic, MetS remains largely unresolved in the kingdom. Aggressive public campaign and policies should be implemented to control future damage of MetS in the kingdom.

Biography

Naji Aljohani, MD, ABIM, FRCP, is an endocrinologist consultant and assistant professor at the Specialized Diabetes and Endocrine Center, Faculty of Medicine in King Fahad Medical City, King Saud bin Abdulaziz University for Health Sciences in Riyadh, Saudi Arabia. He is also a board member of the Prince Mutaib Chair for Biomarkers of Osteoporosis in King Saud University, Riyadh, Saudi Arabia, the Saudi Society of Endocrinology and Metabolism and Director of Diabetes Prevention in the Saudi Diabetes Association. He obtained his fellowship at the University of Manitoba, Winnipeg, Canada and thyroid fellowship at University of Toronto, Canada. He has authored/co-authored several peer-reviewed papers and has been an invited speaker in both national and international conferences in the fields of endocrinology, obesity and vitamin D.

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