

Relationship of lifestyle factors on metabolic syndrome among faculty of a Philippine University

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The study examined the relationship of lifestyle factors namely food intake, exercise, alcohol consumption, smoking and stress and metabolic syndrome among faculty members in a Philippine university. A self-administered questionnaire was used to gather data on lifestyle. Anthropometric measurements were collected using standard techniques. Biochemical data were collected by trained health professionals and analyzed at the laboratory of the University Health Service in College, Laguna. A total of 100 full time faculty members selected through stratified random sampling by age served as respondents. The sampled faculty were classified into age groups to wit: young (20-39), middle-aged adults (40-59) and old adults (60 and above). Data were analyzed using frequency distribution tables and spearman's correlation. Results revealed that the prevalence of metabolic syndrome based on NCEP ATP III criteria was 17 percent. Lifestyle factors such as intake of whole grains, sugars, fruits and vegetables, fish, oils and fats, and exercise had significant relationships with metabolic syndrome. Smoking, alcohol consumption and stress were found to have no significant relationship with metabolic syndrome.

Biography

Liezl M. Atienza has completed her MS Applied Nutrition minor in Biochemistry at the age of 28 years from the Institute of Human Nutrition and Food in the University of the Philippines Los Banos. She has served as Division Head of the said Institute from 2008-2011. She has five research publications related to diet and obesity-related diseases. She is also a registered dietitian and has worked as technical assistant in nutrition to various organizations in the Philippines.

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