

3rd World Congress on

PUBLIC HEALTH, NUTRITION & EPIDEMIOLOGY

November 13-14, 2017 Osaka, Japan

Dietary factors affecting metabolic syndrome in Korean postmenopausal women**Hoon Kim, Seung-Yup Ku, Chang Suk Suh, Seok Hyun Kim and Young Min Choi**
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We aimed to evaluate the dietary factors affecting metabolic syndrome (MetS) in Korean postmenopausal women from the population-based study. This cross-sectional study was based on nationwide representative survey data from the Korean National Health and Nutrition Examination Survey (KNHANES) 2008. A total of 751 postmenopausal women (mean age 64.8 years) were included from the KNHANES 2008. The KNHANES has been conducted periodically since 1998 and is composed of data from the civilian, non-institutionalized population of the Republic of Korea using a stratified, multi-stage sampling with a probability proportional to size. The sampling frame was based on the 2005 population and housing census in Korea. MetS was identified according to the new criteria from a joint scientific statement endorsed by major organizations including National Heart, Lung and Blood Institute. The food frequency questionnaire (FFQ) was used to evaluate dietary intakes. Overall, a total of 342 participants (45.5%) were diagnosed as having MetS. The intake of energy, carbohydrate, protein, fat, soda, coffee, calcium, vitamin A, carotene, retinol, thiamine, riboflavin, niacin and vitamin C was assessed according to the status of MetS. The β -carotene intake was significantly lower in participants with MetS compared with those who not having MetS (2776.4 ug vs. 3537.7 ug, $P=0.03$). Additionally, the group with lower β -carotene intake (less than 2000 ug/day) has 1.14 times higher odds for MetS, but the statistical significance was modest ($P=0.07$). The number of MetS components was not associated with the intake of β -carotene after adjustment for potential confounders including age, years since menopause, body mass index. Considering the β -carotene contribution in antioxidant protection, it is suggested that great attention be given to the dietary pattern in patients with MetS. In conclusion, the intake of β -carotene was associated with MetS in Korean postmenopausal women and further investigation is needed for the pathophysiologic mechanism.

Biography

Hoon Kim has his specialization in reproductive endocrinology and has particular interest in the field of infertility, menopause, endometriosis, polycystic ovarian syndrome and adolescent gynecology. He had served as a Secretary General to the Korean Society of Assistant Reproduction and the Korean Society of Contraception and Reproductive Health. He is also a member of numerous medical societies.

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