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公共卫生与管理

济南市社区人群代谢综合征检出率及危险因素调查

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摘要:

目的 分析和掌握济南市社区人群代谢综合征(MS)的患病情况及其影响因素分布, 为评估社区人群MS发病风险, 确定高危人群和制订相关预防策略及治疗方案提供科学依据。方法 按照整群随机抽样研究方法抽取研究对象, 包括济南市市中区、槐荫区和章丘市18岁及以上常住居民。调查内容包括一般人口统计特征及生活特征等因素。将普查发现的MS患者作为病例组, 正常者作为对照组, 采用单因素描述和Logistic回归分析等方法评价与MS有风险关联的因素。用SPSS 18.0软件进行统计分析。结果 总应答率为91.50%, 有效分析问卷9185份。MS总患病率为9.99%。与城乡人群MS有关联的危险性因素为年龄、BMI、饮食口味重度等, 保护性因素为文化程度高、饮食口味中度等。结论 MS检出率和危险因素关联强度在济南市社区人群城乡间均存在差异, 应根据城乡危险因素分布差异分别制订MS防控措施。

关键词: 代谢综合征; 抽样调查; 横断面研究; 社区人群; 危险因素

Epidemiologic survey of metabolic syndrome and its related risk factors in Jinan community population

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Abstract:

Objective To explore the prevalence and risk factors of metabolic syndrome (MS) in Jinan community population, to estimate the risk of MS in community people and identify high risk groups in order to establish related prevention strategy. Methods In this study based on residents older than 18 years in three communities including Shizhong, Huaiyin and Zhangqiu of Jinan by cluster random sampling survey, we interviewed general demographic characteristics and lifestyle characteristics. MS risk was assessed using a Logistic regression model. Results The total response rate was 91.50% with 9185 valid questionnaires and the total prevalence of MS was 9.99%. MS was associated with age, BMI, heavy taste and others. The high degree of education and moderate taste were the protective factors of MS. Conclusion MS detection rates and the strength of risk factors are different between urban and rural groups. Prevention strategies for MS in community people should be based on the otherness of different groups.

Keywords: Metabolic syndrome; Sampling survey; Cross-section analysis; Community population; Risk factors

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