**OP 62: Prevalence of metabolic syndrome in a Sri Lankan community**

*Chac\_kre\_warthy S1, Gunasekera D1, de Silva LDR1, Pathmeswaren A1, Wijekoon CN1, Ranawaka UK1, Mizoue T, Kato N~ ; for the Ragama Health Study Group 1 Faculty of Medicine, University ofKelaniya, "International Medical Centre of Japan, Tokyo, Japan*

**Objective:** To estimate the prevalence of metabolic syndrome (MetS) in a Sri Lankan community. Limited

information is available about MetS in Sri Lankans.

**Design, setting and methods:** A total of 2948 individuals (1345 males and 1603 females) who participated

in the Ragama Health Study comprised the study population. Prevalence of MetS was estimated using three

widely used criteria: International Diabetes Federation (IDF), WHO and National Cholesterol Education

Programme *-* Adult Treatment Panel III (NCEP-ATP III).

**Results:** Age and sex adjusted prevalence rates of MetS were 38.9%, 38.9% and 41.6% as defined by IDF,

WHO and NCEP-ATP III respectively. Prevalence increased with age (for age groups 35-44, 45-54 and 55-

65 years respectively; **IDF** - 27.9%, 40,1%, 42.9% ; **WHO** - 28.7%, 43.2%, 52.6%; **NCEP ATP III -**

34.6%, 46.7%, 50.6%; PO.001 in all). MetS was commoner in women **(IDF** - 45.8% Vs. 23.0%, PO.001;

WHO - 37.3% Vs. 40.5%, P>0.05; **NCEP-ATP III** - 49.8% Vs. 33.1%, P<0.001). Prevalence of central

obesity (using Asian cutoff values) was higher in women. (70.8% Vs. 35.5%, PO.001).

**Conclusion:** Prevalence of MetS is high in this community. Preventive measures towards reducing trie

risks associated with MetS should be promoted.