

## Perbedaan proporsi sindrom metabolik pada perawat wanita obes dan non-obes = Difference in metabolic syndrome proportion among obese and non-obese female nurses

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### Abstrak

Latar belakang. Berat badan lebih dan obesitas sebagai masalah kesehatan juga ditemukan di Indonesia. Obesitas berkaitan dengan sindrom metabolik, yang juga dapat ditemukan pada populasi dengan berat badan normal.

Tujuan. Untuk melihat perbedaan proporsi sindrom metabolik (menurut kriteria NCEP-ATP III, dan modifikasi Asia Pasifik) pada populasi wanita obes (IMT > 25 kg/m<sup>2</sup>) dan non-obes (IMT 18,5 - 24,9 kg/m<sup>2</sup>), serta profil komponen sindrom metabolik.

Metode. Penelitian bersifat deskriptif analitik, dilakukan pada bulan Desember 2003 - Juni 2005, di Pali Lipid dan Obesitas, Divisi Metabolik Endokrinologi RSCM. Subyek ialah perawat wanita di RSCM, berusia 20 hingga 50 tahun. Jumlah responden ialah 45 subyek obes, dan 45 non-obes.

Hasil. Dari 90 responden total, 12 (26,7 %) subyek obes memenuhi kriteria sindrom metabolik menurut NCEP-ATP III. Menggunakan kriteria modifikasi Asia Pasifik, didapatkan 14 (31,1 %) subyek obes mengalami sindrom metabolik. Tidak ada subyek non-obes yang memenuhi kriteria sindrom metabolik [ $p < 0,0011$ ]. Tiga puluh (66,7 %) subyek obes mempunyai lingkar pinggang > 88 cm, dibandingkan 0 (0,0 %) subyek non-obes. Empat (8,9 %) subyek obes mempunyai tekanan darah  $\geq 130/85$  mmHg, pada kelompok non-obes hanya 1 (2,2 %) subyek. Tiga (6,7 %) subyek obes memiliki kadar glukosa darah puasa  $\geq 110$  mg/dL atau merupakan pasien DM tipe 2 yang mendapat obat hipoglikemik oral, sedangkan pada kelompok non-obes tidak ada. Tiga belas (28,9 %) subyek obes mempunyai kadar trigliserida  $\geq 150$  mg/dL, dan tidak ada pada kelompok non-obes. Kadar kolesterol HDL < 50 mg/dL didapatkan pada 26 (57,8 %) subyek obes, dan 9 (20,0 %) pada subyek non-obes.

Simpulan. Sindrom metabolik hanya ditemukan pada populasi perawat wanita obes.

**Backgrounds.** Overweight and obesity as health problems are also found in Indonesia. Obesity is related to metabolic syndrome, which can also occur in normal weight population.

**Objectives.** To look at the difference in metabolic syndrome (according to NCEP-ATP III criteria, and modified Asia Pacific criteria) proportion within obese female population (BMI > 25 kg/m<sup>2</sup>) and non-obese female population (BMI 18,5 -- 24,9 kg/m<sup>2</sup>), and the profile of metabolic syndrome components.

**Methods.** This cross sectional study was conducted from December 2003 to June 2005, at Lipid and Obesity Clinic, Metabolic and Endocrinology Division, Department of Internal Medicine, University of Indonesia - Cipto Mangunkusumo General Hospital. Subjects were Cipto Mangunkusumo General Hospital female

nurses, ages 20 to 50 years old. The first group consisted of 45 obese subjects, and the second group of 45 non-obese persons.

Results. Twelve (26.7 %) of obese subjects fulfilled the NCEP-ATP III criteria for metabolic syndrome. Using the modified Asia Pacific criteria, there were 14 (31.1 %). None of the non-obese subjects fulfilled any of those two criteria [ $p < 0.001$ ]. Thirty (66.7 %) of obese subjects had waist circumference  $> 88$  cm, as compared to none of non-obese subjects. Four (8.9 %) of the obese subjects had blood pressure  $> 130/85$  mmHg, as compared to only 1 (2.2 %) in non-obese subjects. Only 3 (6.7 %) of the obese subjects had fasting glucose levels  $> 110$  mg/dL or had been diagnosed as DM type 2 patient and receiving oral hypoglycemic drug, whereas none of the non-obese subjects. Thirteen (28.9 %) of the obese subjects had triglyceride level  $> 150$  mg/dL, and none of non-obese subjects. HDL-cholesterol level  $< 50$  mg/dL was found in 26 (57.8 %) of obese subjects, and 9 (20.0 %) of non-obese subjects.

Conclusions. Metabolic syndrome was found only in obese female nurses.