

## Prevalence and assessment of risk factors associated with metabolic syndrome among health workers in Lagos university teaching hospital (LUTH)

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### Abstract

Metabolic syndrome is a cluster of risk factors leading to cardiovascular diseases. Currently, its prevalence is reportedly increasing with associated increase in mortality rate among the adult population. However, the assessment of metabolic syndrome and the predictors among adults in Nigeria is less studied. Hence, this study aims to determine the prevalence of metabolic syndrome as well as the determinants among health workers in LUTH. This study is a hospital based cross-sectional study among 200 health workers selected using simple random sampling technique. Demographic characteristics and clinical information such as body mass index (BMI), waist circumference (WC), and blood pressure will be measured along with the estimations of high density lipoprotein (HDL-C), triglycerides (TG) and blood glucose. The dietary pattern and physical activity level of the respondents will also be assessed. Descriptive statistics will be used for the variables and the predictors assessed using chi-square and logistic regression model. Statistical associations will be set at a level of  $p < 0.05$ .

**Conclusion:** The prevalence of metabolic syndrome among the studied population will be established and whether there is a direct relationship the relationship with dietary pattern and this prevalence will be concluded through this study. This will help foster appropriate action and systematic interventions to promote healthy lifestyle and longevity among health workers

### Biography:

Temitope is a Registered Dietitian (RD) and expert nutritionist with vast knowledge in nutrition science. She holds a degree in nutrition and dietetics from university of agriculture, Abeokuta and has completed a didactic internship training at Lagos University Teaching Hospital as well as certification courses in nutrition and global health from Johns Hopkins University, University of Geneva, University of Sydney and Wageningen University and Research, Netherlands. Over the years, Temitope has demonstrated her passion to promote food security, end hunger and improve community health through nutrition by collaborating with several national and multinational organizations including Unilever, Dr Ameyo Stella Adadevoh health trust and Lagos food bank initiative where she currently serves as a member of the planning committee. Temitope's research to measure and assess the prevalence and risk factors associated with Metabolic syndrome is ongoing



### Speaker Publications:

- Temitope Alao Sanni et al; Tuberculosis is the World's Deadliest Infectious Disease; September 2018
- Temitope Alao Sanni et al; Lagos Gets Prepared with a State of the Art Biobank; December 2018
- Temitope Alao Sanni et al; Training Lagos State's Infectious Disease Hospital Staff; February 202
- Temitope Alao Sanni et al; Cerebroplacental Ratio Is Low and Associated with Proteinuria in Hypertensive Pregnancies; September 2020
- Temitope Alao Sanni et al; Exchange Rate Volatility and Trade Balance in Sub-Saharan African Countries: A Causal Relationship; September 2018

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