Abstract

Objective. To determine the associations of metabolic syndrome (MS) with residential area and lifestyle in men from Oaxaca, Mexico. Material and Methods. A cross-sectional study was conducted in 1998 in 325 apparently healthy men 35 to 65 years of age in four residential areas: rural, urban poor, urban middle, and urban rich. MS was defined according to International Diabetes Federation (IDF) guidelines. Information on physical activity and diet was collected by questionnaire. Based on two 24-hour recalls, a diet quality index (DQI) using eight WHO recommendations to prevent chronic diseases was constructed. Results. The MS rate was 41.2%; twice as high in urban (45.4%) than rural (27.6%) subjects. A significantly higher risk of MS was associated with low DQI in urban poor (OR 2.5; CI: 1.0-6.3) and rich (OR 3.2; CI: 1.5-8.6), compared to rural subjects. Physical activity was an independent protective factor. Conclusions. MS is highly prevalent in apparently healthy men in urban areas, illustrating the role of diet and lifestyle transition.

Keywords

metabolic syndrome; IDF definition; cardiovascular risk factors; nutrition transition; lifestyle; Mexico