

Metabolic syndrome among the post-menopausal women of urban area of Allahabad district

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Quantum leap of non-communicable diseases becoming a challenging dilemma among the post -menopausal women especially in developing countries like India where most of the women are suffering from metabolic syndrome, which is a crew of risk factors that upsurge the risk of developing diabetes and cardio-vascular diseases. Therefore, the main aim of the study was to find out the prevalence of metabolic syndrome and associated risk factors among the post-menopausal women of North India for an early screening. It was a cross sectional study of urban women, a total of 382 subjects aged above 45 years was selected using stratified random sampling. The study avails a standardized questionnaire which elicits the data regarding the demographic profile and biochemical parameter. The result shows that the prevalence of metabolic syndrome among the post-menopausal was 41.5 per cent. Most of respondent were adopting three meal dietary pattern followed by four, six, two, respectively. Dietary habits and physical inactivity resulting from agile improvements in living condition may be the causes for the hike. Thus, it can be concluded that metabolic syndrome is an emerging problem among post-menopausal women.

Key Words : Non-communicable diseases, Post -menopausal women, Metabolic syndrome, Cardio-vascular diseases, Dietary habits

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