

SAND abstract No. 76 from the BEACH program 2004–05

Subject: Patients with risk factors for metabolic syndrome

Organisations supporting this study: Merck Sharp and Dohme (Australia) Pty Ltd

Issues: Prevalence of the following risk factors in patients attending general practice.

- *All patients:* triglycerides >150 mg/dL (1.68 mmol/L); blood pressure >130/85 mmHg; fasting glucose >110 mg/dL (6.1 mmol/L).
- *Males:* waist circumference >102 cm (>40 ins); HDL cholesterol <40 mg/dL (1.03 mmol/L).
- *Females:* waist circumference >88 cm (>35 ins); HDL cholesterol <50 mg/dL (1.29 mmol/L).

Sample: 2,845 encounters from 96 GPs; data collection period: 02/11/2004–06/12/2004.

Method: Detailed in the paper entitled 'SAND Method 2004–05' on this website:

<http://www.fmrc.org.au/publications/SAND_abstracts.htm>.

Summary of results

The age-sex distribution of 2,845 respondents was similar to the distribution for all BEACH encounters, with the majority of patients (58.1%) being female.

None of the risk factors were present in 57.2% of the sample. One in five patients (22.7%) had one listed risk factor, 10.9% had two, 5.6% had three, 2.7% had four, and 1.1% (n=30) had all five.

However of the 674 male patients without any risk factors 81% did not know or had never been tested for at least one factor. This represented 45% of the 1,190 male patients surveyed. Only one third of male patients (33.0%) knew their status on all five factors. Of the 1,654 female patients with no recorded risk factors, 89% did not know their status for at least one factor. Only one third (31.8%) of female patients knew their status on all five factors. The number of risk factors present increased with age.

Among the 1,190 male respondents, 23.6% had blood pressure >130/>85 mmHg, 18.8% had a waist circumference >102 cm, 18.1% had triglyceride levels >150mg/dL, 10.7% had HDLC <40 mg/dL and 10.3% had fasting glucose >110 mg/dL.

Among the 1,654 female respondents, one in five (20.7%) had blood pressure >130/>85 mmHg. Nearly one quarter (23.3%) had a waist circumference of >88 cm and 14.9% had triglyceride levels >150mg/dL, 7.6% had HDLC <50 mg/dL and 13.4% had fasting glucose >110 mg/dL.

Considering these results in terms of the number of patients for whom status was known:

26.9% of 1,275 females had blood pressure >130/>85 mmHg; 36.2% of 1,065 females had a waist circumference >88 cm; 29.3% of 873 females had triglyceride levels >150mg/dL; 17.7% of 713 females had HDLC <50 mg/dL; 13.4% of 941 females had fasting glucose >110 mg/dL; 32.9% of 851 males had blood pressure >130/>85 mmHg; 28.7% of 780 males had a waist circumference >102 cm; 33.8% of 637 males had triglyceride levels >150mg/dL; 23.5% of 541 males had HDLC <40 mg/dL and 18.9% of 646 males had fasting glucose >110 mg/dL.

Of the total respondents, 9.3% had metabolic syndrome defined as 3 or more of the nominated risk factors (4.8% males and 4.5% of females). For males, 392 had been tested for all risk factors and 103 (31.3%) had metabolic syndrome defined as 3 or more of the nominated risk factors. For females, 525 had been tested for all risk factors and 102 (19.4%) had metabolic syndrome defined as 3 or more of the nominated risk factors.

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