Prevalence and Characteristics of Metabolic Syndrome in a Rural Korean Cohort

이경훈*·고상백·안민수·최현민·김창형·유병수
이승환·윤정한·최경훈·이태용·류소연·박종구
연세대학교 원주의과대학 원주기독병원 순환기내과

**Background and Objective:** The metabolic syndrome (MS) is associated with increased risk of diabetes and cardiovascular disease. The purpose of this study was to estimate the prevalence of MS in a rural Korean cohort study.

**Methods:** The study subjects were selected from the four rural areas of the Korean genomic regional cohort (KGRC), an ongoing epidemiologic study conducted on a representative senior population (aged > 40 years) of Korean. It enrolled 3,508 Korean adult subjects [1,437 men (mean age: 56.9 ± 7.9) and 2,071 women (mean age: 55.8 ± 8.1)]. The MS was defined according to the modified ATP III (2003) and IDF (2005) criteria.

**Results:** According to ATP III criteria, the prevalence of MS was 38.1% and more frequent in female than male (42.5 vs. 31.7%, \( P < 0.01 \)). The most prevalent age group of MS by ATP III was 50–54 years (37.4%) in male and 65–70 years in female (51.4%). According to IDF criteria, MS was recognized 32.0%, more frequent in female than male (38.8 vs. 22.1%, \( P = 0.01 \)). The most prevalent age group of MS by IDF was 45–49 years (26.2%) in male and 65–70 years in female (48.3%).

**Conclusions:** The prevalence of MS was 38.1% in ATP III and 32.0% in IDF criteria in an adult rural cohort. The MS was more frequent in women. High prevalence rate of MS was middle age (45–54 years) in male and elderly (65–70 years) in female.