

## Metabolic syndrome and Obesity

### 代謝症候群與肥胖

Metabolic syndrome is a cluster of conditions that occur together, increasing the risk of heart disease, stroke, and type 2 diabetes. Two major components of metabolic syndrome are central obesity and insulin resistance. According to the Nutrition and Health Survey in Taiwan (NAHSIT) conducted from 2017 to 2020, the prevalence of metabolic syndrome in adults aged 19 years and above is 39.3% in men and 30.3% in women, respectively. The prevalence of overweight and obesity ( $\text{BMI} \geq 24 \text{ kg/m}^2$ ) is 58.8% in men and 42.8% in women. However, the prevalence of central obesity (waist circumference  $\geq 90 \text{ cm}$  in men and/or  $\geq 80 \text{ cm}$  in women) is 47.2% and 52.9%, respectively. The survey shows that females are more prone to develop central obesity, which is a major contributing factor to metabolic syndrome.

The treatment approaches for metabolic syndrome and obesity are similar. Basic and effective treatment methods include dietary control, regular exercise, and behavior modification. Pharmacotherapy and metabolic/bariatric surgery are also available and effective for both of these conditions.