Article

Metabolic Syndrome Among Primary Health Care Nursing Professionals: A Cross-Sectional Population-Based Study [†]

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† Article extracted from the PhD thesis "Síndrome de Burnout e Síndrome Metabólica em Profissionais de Enfermagem da Atenção Primária à Saúde", developed at the School of Medicine, Federal University of Bahia, Salvador, Bahia, Brazil

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Abstract: This research aims at evaluating prevalence and factors associated with metabolic syndrome (MS) in primary health care (PHC) nursing professionals. A multicenter, population-based and cross-sectional study was conducted in a team-tested sample of 1125 PHC nurses in the state of Bahia, Brazil. Sociodemographic, labor, lifestyle and human biology variables were investigated by mean of anamnesis. MS was evaluated according to the criteria of the first Brazilian Guideline for Metabolic Syndrome, which fully adopts the criteria of the National Cholesterol Education Program's Adult Treatment Panel III. MS-associated factors were tested by using robust Poisson Regression. The prevalence of MS found was 24.4%; low High Density Lipoprotein (HDL) cholesterol was the most prevalent component of the syndrome. In the multivariate analysis, physical inactivity (PR = 1.25, 95% CI = 1.02–1.53), alcohol use (PR = 1.84, 95% CI = 1.22–2.77), acanthosis nigricans (PR = 3.23, 95% CI = 2.65–3.92), burnout syndrome (PR = 1.45, 95% CI = 1.17–1.81), (PR = 1.37, 95% CI = 1.12–1.69), working as a nursing technician (PR = 1.43, 95% CI = 1.14–1.80), were associated to MS. It was found that the prevalence of MS was high, which evidences the need for interventions in the PHC environment, improvement of working conditions, monitoring of worker safety and health, diet programs and physical activity.

Keywords: metabolic syndrome; nursing; primary health care; work

1. Introduction

After the Industrial Revolution, massive transformations imposed on society established certain morbidity and mortality profiles. Because of a mismatch among biological factors, which selected