

Metabolic syndrome



2 in 5 (35.9% or 8.5 million) adults in Malaysia have **metabolic syndrome**

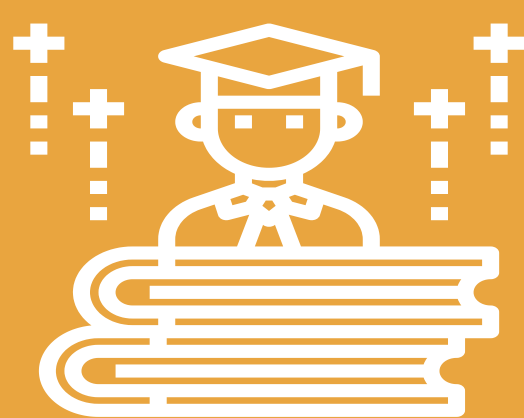
Who are they?



18-29 : 11%
30-39 : 30%
40-49 : 41%
50-59 : 57%
60+ : 71%



Underweight: 4%
Normal weight: 11%
Overweight: 40%
Obese: 56%



No formal education: 45%
Primary education: 52%
Secondary education: 35%
Tertiary education: 27%



B40: 41%
M40: 30%
T20: 35%

Underweight & normal weight individuals can also get metabolic syndrome!

Having **3 or more of the 5 components** of metabolic syndrome below...

Abdominal obesity



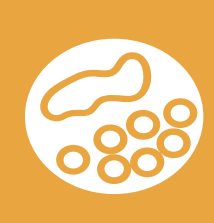
High blood pressure



High blood sugar



High blood triglycerides (a type of fat in blood)

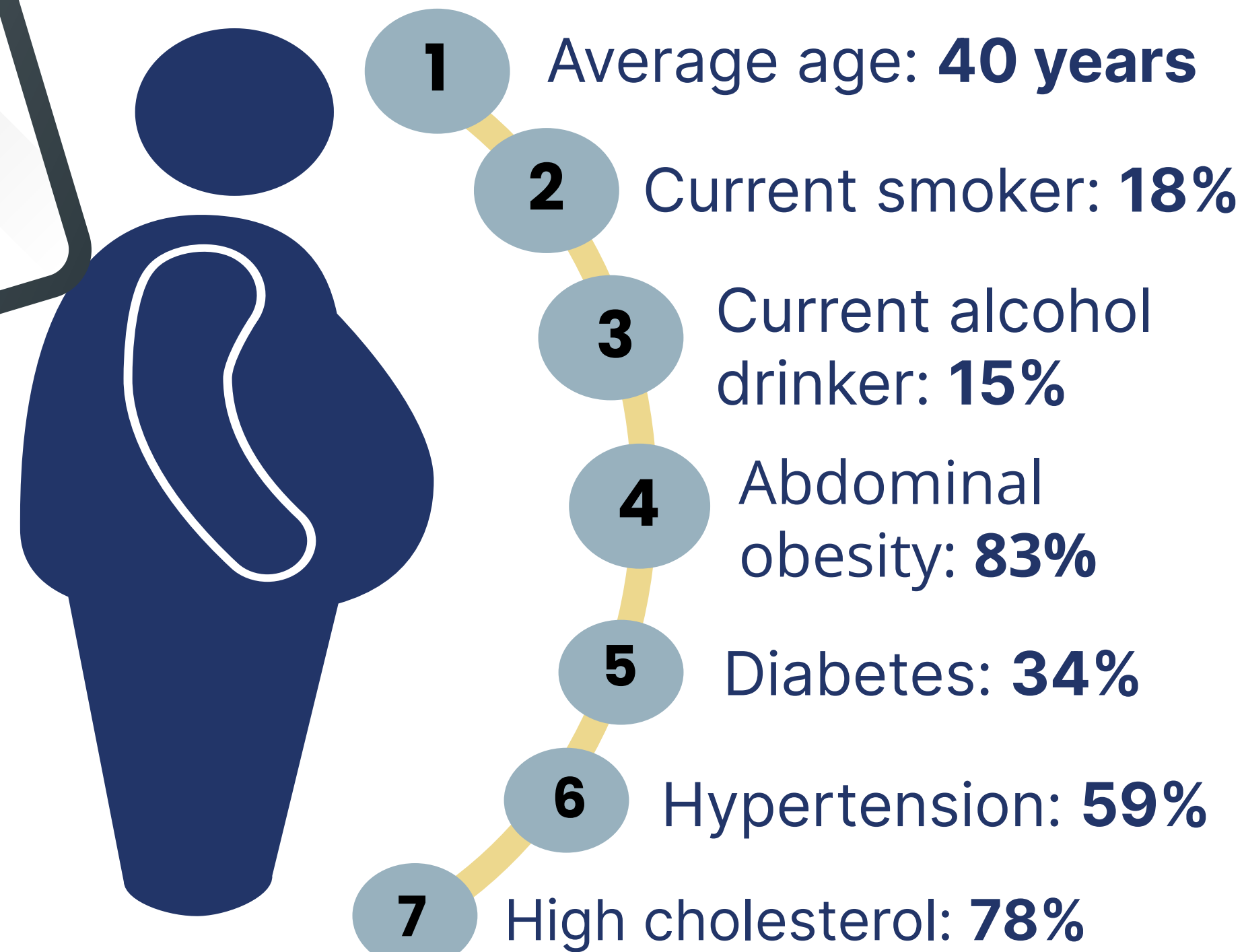


Low HDL-cholesterol ('good' cholesterol)



...will increase one's risk of **diabetes, heart disease, stroke, and many cancers**, including colon, breast, and liver cancers

Characteristics of people with metabolic syndrome:

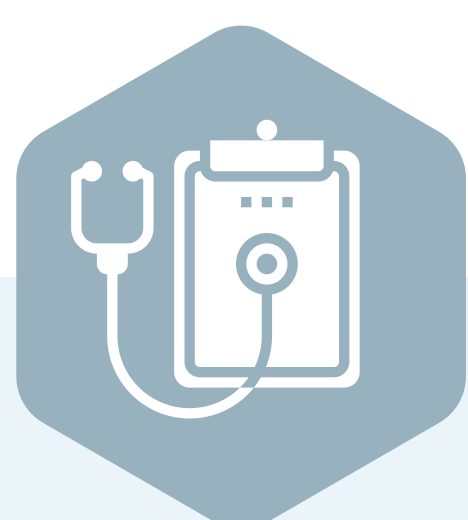


They are young & have many other diseases at the same time

What can I do?



Talk to your doctor



Go for regular health screening



Eat healthily, exercise regularly and reduce body weight (if overweight/obese)