

Population Study

Oral

Abstract ID: 7

## Prevalence of cardiometabolic risk factors among Malaysian obese adults

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**Introduction:** Obese adults are associated with increased cardiometabolic risk (CMR). The study aims to investigate the prevalence of CMR factor abnormalities in obese adults in Kuantan. **Methods:** Seventy-six obese adults with a mean (standard deviation) age of 33.7 years (9.8 years) participated in this study. All participants had a waist circumference (WC) measured, blood pressure (BP) taken, and assessment of fasting blood glucose (FBG), lipid profile (LP) and high-sensitivity C-reactive protein (hs-CRP) level. **Results:** For CMR factors, the mean values for WC was  $97.2 \pm 9.6$  cm, mean overall BP was  $119 \pm 15/76 \pm 11$  mmHg, mean FBG level was  $4.8 \pm 0.5$  mmol/L and the mean of total cholesterol (TC) and triglyceride (TG) was  $5.4 \pm 1.0$  mmol/L and  $1.4 \pm 0.7$  mmol/L, respectively. Lastly, the mean of hs-CRP was  $6.0 \pm 6.1$  mg/L. The CMR factors with the highest prevalence of abnormal values included WC (male 100%; female 98%) and TC (male 73.1%; female 52%) for both genders, systolic BP (50%) and TG level (61.5%) for male, and hs-CRP level (68%) for female. Out of the nine CMR factors measured, five CMR risk factors were shown to have a high prevalence of abnormalities. **Conclusions:** The present study suggests that obese adults in Kuantan have multiple CMR factor abnormalities. A larger trial, sensibly informed of this trial, can now build upon and confirm these results.

**KEYWORDS:** obesity, adults, cardiometabolic risk factors