What is Metabolic Syndrome?

Metabolic syndrome is not really a disease

It is a clustering of signs and symptoms

That together place you at higher risk for chronic disease

Metabolic Syndrome Risk Factors Include:

- Large Waistline
- High Blood Sugar
- High Blood Pressure
- Low HDL Cholesterol Level
- High Triglyceride Level

You must have at least 3 metabolic risk factors to be diagnosed with metabolic syndrome

Metabolic Syndrome Criteria For Adults

Any 3 of the following risk factors:

- **Abdominal obesity** (waist circumference)
  - men ≥ 40 in; women ≥ 35 in
- **Triglycerides**
  - ≥ 150 mg/dL
- **High-Density Lipoproteins (HDL Chol.)**
  - men < 40 mg/dL; women < 50 mg/dL
- **Blood pressure**
  - ≥ 130 mmHg systolic (top)
  - ≥ 85 mmHg diastolic (bottom)
- **Fasting blood glucose**
  - ≥ 100 mg/dL

Metabolic Syndrome Criteria for Children (Ages 10-16)

Any 3 of the following risk factors:

- **Abdominal obesity** defined by waist circumference ≥90th percentile
- **Triglycerides**: ≥ 150 mg/dL
- **High-Density Lipoproteins (HDL Cholesterol)**: <40 mg/dL
- **Blood pressure**: ≥130 mmHg systolic (top)/≥ 85 mmHg diastolic (bottom)
- **Fasting blood glucose**: ≥ 100 mg/dL

Source: International Diabetes Federation

Apple vs Pear Body Shape

- More Visceral Fat
- Higher Risk of Weight-Related Health Problems

- Less Visceral Fat
- Lower Risk of Weight-Related Health Problems

Above The Waist

Below The Waist
What’s the big deal about Metabolic Syndrome?

- People with metabolic syndrome are
  - 3x more likely to have heart attack/stroke
  - 2x more likely die of heart attack/stroke
  - 5x more likely to be diagnosed with diabetes

- Treatment and prevention involve the same health behaviors meaning they can have a bigger impact in our lives

Source: www.americanheart.org

What can be done about metabolic syndrome?

- Metabolic syndrome can be treated and prevented by:
  - Maintaining a healthy weight
  - Eating a heart-healthy diet
    - Includes nutrient dense foods
  - Getting adequate physical activity
  - Reducing stress
  - Following your healthcare providers’ instructions

*American Heart Association (http://www.americanheart.org)

Top 10 Causes of Death

- 33% of all deaths among actual causes of death in 2000 can be accounted for by tobacco use (18.1%), poor diet & physical activity (16.6%)

- 38% of all deaths among actual causes of death in 2000 can be accounted for if you include alcohol (3.5%) in that list

Source: Mokdad, et al., JAMA 2004

- 76% of deaths in 10 leading causes of death in 2015 could have been impacted by better diet, stress management and enhanced physical activity

Steps you can take both treat AND prevent Metabolic Syndrome

Improve your health and decrease your risk for illness and chronic disease!

If We As A Nation Focused on 3 Health Behaviors...

- We could prevent and treat over 50% of the top 10 causes of death and disability in this country:
  - Eat better
  - Move more
  - Stress less

- Join us for the Meet & Beat Metabolic Syndrome free 1-wk challenge at www.lovetolivewell.com

- 4-wk, 8-wk, & 12-wk challenges & courses will be available soon online.

For More Information

See how small changes can make a great impact on your health.

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What is your next step?

Knowing your numbers and assessing your health is the first step to living well. Regardless of where you may be at this given moment, there are always adjustments you can make to improve your health & decrease your risk for illness & disease. The next step on the path to wellness, is to set goals. Step three is to carry those goals into action. Remember to focus on the 3 keys areas to living well -- Eat Better, Move More, & Stress Less!

Set SMART goals!
☐ Specific
☐ Measurable
☐ Achievable
☐ Relevant
☐ Time-bound

Example Smart Goals:
- I will eat 2 vegetables & 3 fruits each day this next week.
- I will walk 5 days next week for 30 minutes/day.
- I will set aside time for leisure reading at least 1 hour/day.

Time to set some goals! Thinking back to what you have learned today, let’s set some SMART goals which will help you improve your results on the next fitness assessment.

1. ____________________________________________
   ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________
   ____________________________________________

Flip the page to learn how to carry these goals into action.
**Quick Steps to Better Health**

**Step 1:** Choose a health behavior you want to change that occurs 3-4 times/wk. (e.g. ice cream, soda, fried foods, tobacco, alcohol, stress, etc.)

**Step 2:** Pick a way to measure the results of this change (e.g. weight, pant size, waist size, perceived stress level, blood pressure).

**Step 3:** Cut the behavior in half until it occurs only 1-2 times/wk for at least 1 month

**Step 4:** Return to Step 2 to see how big an impact it made; if goal is reached, choose another health behavior you want to improve.

### Make A Plan

**Barriers to Change** Everyone must overcome personal hurdles as they travel the path to wellness. Whether it is time, personal attitudes, or the environment in which you live, recognizing the barriers, and having a plan to overcome them, will allow you reach your goals. Let’s list the barriers that may come your way, and make a plan to help you succeed.

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For more tips on eating better, moving more, stressing less, overcoming barriers to change, and additional community resources, be sure to visit [www.LoveToLiveWell.com](http://www.LoveToLiveWell.com)

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