

11th European EPIDEMIOLOGY AND PUBLIC HEALTH CONGRESS

June 25, 2021 | Webinar

Association of sedentary behaviour with metabolic syndrome among females**Ramanpreet Randhawa, Sharda Sidhu***Guru Nanak Dev University, Amritsar, Punjab- India*

Irrespective of differences of population and ethnicity involved, procedure to determine sedentary behaviour, criterion of metabolic syndrome used, study design or sample size, urban and rural area, menstrual status, income of country; greater time spent on sedentary activities increases the risk of metabolic syndrome. It is the prime most important health concern especially among women. In the present study, an attempt has been made to generate baseline data about the association of sleep pattern and television watching sedentary activities with metabolic syndrome among females residing in urban and rural areas of Amritsar (Punjab). The primary investigator carried out cross-sectional study among females residing in various urban and rural areas of Amritsar (Punjab) using same protocol for recruitment from door to door after obtaining ethical clearance from the Institutional Ethics Committee of Guru Nanak Dev University, Amritsar. Out of 1520 females, urban females were 800 whereas 720 females were rural. The final sample size for the study in interest was calculated with the help of pilot study. Interview method was considered to be more appropriate for collecting personal information about lifestyle habits dealing with sedentary behaviour by investigator herself after ensuring confidentiality of the information. Assessment of Metabolic Syndrome (MS) was accomplished using internationally renowned and valid criteria named as Joint Interim Statement (JIS) also known as Harmonized Asian-Specific Diagnostic Criterion. A multivariate logistic regression analysis was performed for estimating Odds Ratio (OR) and Relative Risk (RR) with 95% confidence interval to examine the association between selected sedentary lifestyle risk factors and MS among adult urban and rural women. The statistically significant relationship was encountered between two groups i.e. presence or absence of MS with reference to sleep duration and television watching. In order to slow down the progression of metabolic syndrome and associated co-morbidities we need to conduct longitudinal multi centric studies to create awareness among females regarding sedentary lifestyle habits which make them more prone towards the epidemic of metabolic syndrome.

Biography

Dr. Ramanpreet Randhawa is passionate, sincere, hardworking and enthusiastic epidemiologist (Ph.D.) in Human Genetics with an extreme focus on public health studying women health residing in urban and rural areas struggling with menstruation crisis, menopausal taboo and burden of non-communicable diseases named as diabetes, dyslipidemia, obesity, hypertension and metabolic syndrome. She completed her doctorate from Guru Nanak Dev University, Amritsar, Punjab, India with distinction and great admiration of international and national scientists across the globe

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