

149. Knowledge, Attitude, and Practices on Metabolic Syndrome & Cardiovascular Disease Among Filipino Adults

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Background: In the Philippines, cardiovascular disease is the leading cause of mortality among adults. The relationship between metabolic syndrome (MetS) and cardiovascular disorders are already established by different studies. Rather than show association, this study describes the level of knowledge, attitude and practices of the sample Filipino population regarding metabolic syndrome & cardiovascular disease.

Methods: The study recruited 452 participants from both rural and urban communities in Laguna, Philippines through online questionnaires sent to social media accounts and e-mail addresses from July to September 2020. The online questionnaire was divided into 4 sections that gathered demographic data, knowledge level, attitudes and lifestyle practices that predispose or protect a person from metabolic syndrome and cardiovascular disease.

Results: Among the participants, 44% (n=201) are found to have low to very-low levels of knowledge about metabolic syndrome and its relationship with cardiovascular diseases. 12% of the participants had high level of knowledge; however, only 25% of them practice measures to prevent the occurrence of MetS. About 20% (n=88) have heard about metabolic syndrome for the first time. Knowledge scores were significantly associated with educational attainment, body mass index, presence of hypertension, and glucose levels. Highly positive attitude towards the importance of metabolic syndrome and cardiovascular diseases were noted in 91.8% (n= 415) of the sample population. Only two out of ten practice lifestyle that prevents the development of MetS, like exercising, eating low fat diet and maintaining ideal body weight; and subsequent cardiovascular disease.

Conclusion: Based on the results of the study, there is still a need for information dissemination regarding metabolic syndrome among the Filipino participants. Knowledge level is higher among those with one or more of the manifestations of MetS and were previously diagnosed with cardiovascular disease. Furthermore, there seem to exist a knowledge-practice gap as those who have high level of knowledge on MetS still have poor practices regarding prevention and protection against the disease. Bridging this gap and enumerating possible reasons behind it can be the focus of succeeding studies.

Clinical Implications: My study will help enable cardiovascular clinicians to see the importance of targeted health teaching on risk factors associated with cardiovascular diseases like metabolic syndrome in the Philippines.