PREVALENCE OF METABOLIC SYNDROME AMONG FORMER ATHLETES

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ABSTRACT

The purpose of this study is to determine the prevalence of metabolic syndrome (MS) in former athletes the Kingdom of Saudi Arabia. Seventy-five (75) retired athletes, aged between 26 and 60 years old, participated in this study. Height, weight, waist circumference (WC), blood pressure, and blood samples were collected by the researcher. The study findings indicated that 52% of former athletes have MS. The findings of this study showed that 26.7% of former athletes have high WC (≥102 cm). Moreover, 66.7% of former athletes have high fasting blood glucose (≥ 100 mg/dl). The results also indicated that 48% of former athletes have blood pressure > 130/85 mmHg. In addition, 22.7% of former athletes have high triglycerides (≥ 150 mg/dl), and 93.3% have low high-density lipoprotein cholesterol (< 40 mg/dl).

KEYWORDS: Former Athletes; Metabolic Syndrome; Prevalence; WC; Diabetes; HDL; Triglycerides

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