

ANALYSIS OF METS COMPONENTS AMONG EMPLOYEES WITH CENTRAL OBESITY

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Abstract.

The incidence of Mets(Mets) is on the rise in society, largely due to the increase in several of its components, one of which is central obesity. Workers are a group particularly vulnerable to this condition. This study analyzes the components of Mets among employees with central obesity at Hasanuddin University. The research employed an observational analytic study with a cross-sectional design. The study was conducted at the rectorate building of Hasanuddin University from August to September 2022. The study population included all 460 employees at the rectorate building, with a sample size of 102 individuals with central obesity. Samples were selected through purposive sampling, with inclusion criteria requiring participants to be willing to take part in the study, fast for at least 8 hours, provide blood samples, participate in interviews, and have a BMI ≥ 25 kg/m² and/or a waist circumference ≥ 90 cm for men and ≥ 80 cm for women. The collected data were processed and analyzed using SPSS software. The results indicated that the average waist circumference among respondents was 92.82 cm, systolic blood pressure was 133.83 mmHg, diastolic blood pressure was 76.71 mmHg, triglycerides were 193.14 mg/dL, and fasting blood glucose was 100.11 mg/dL. Additionally, 53.9% of respondents were found to have hypertension, 90.2% had triglyceride disorders, 29.4% had glucose disorders, and 61.8% had Mets. Among employees with obesity, triglyceride levels were the most commonly disrupted component of Mets. There is a need to create a healthier work environment at Hasanuddin University to prevent the occurrence of Mets among its employees.

Keywords : Blood pressure, obesity, blood glucose, cholesterol, workers