

CỘNG HOÀ XÃ HỘI CHỦ NGHĨA VIỆT NAM
Độc lập - Tự do - Hạnh phúc

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NEW FINDINGS OF THE DISSERTATION

Thesis title: *“The prevalence of methabolic syndrome, some related factors and effect of intervention among adults from 25-64 years old in Thai Binh Province”*

Major: Public health

Code: 9720701

PhD Candidate: Phạm Thị Vân Anh

Scientific Supervisor:

1. Dr. Le Duc Cuong
2. Assoc. Prof. Dr. Ninh Thi Nhung

Institution: Thai Binh University of Medicine and Pharmacy

NEW CONTRIBUTIONS OF THE TOPIC

Metabolic syndrome tends to be more frequent. There are many components that make up MS, some components cannot be changed but some of which can be changed. Assume that interventions are implemented to control the components of MS with comprehensive solutions such as improving people's knowledge of how to change their lifestyle and healthy eating habits, and suitable physical activities to reduce the morbidity and mortality associated with MS.

This research helps to better understand the recent trends in the prevalence of metabolic syndrome. The risk factors of metabolic syndrome are specifically evaluated using a stepwise approach in monitoring the risk factors of non-communicable diseases (STEPS). The study proposes comprehensive community interventions, thereby providing preventive solutions for metabolic syndrome for the people in Thái Bình province specifically, and Vietnam in general.

This is the first study on MS with adults aged 25-64 in Thai Binh, it updated the prevalence and found related factors affecting MS. The thesis found the tendency of MS in adults in agricultural province which are in the process of urbanization, to build effective strategies and suitable current context. Thesis also found the comprehensive interventions are low-cost and effective and easy to get to people not only in Thai Binh province but also in whole country.

Scientific Supervisor

Dr. Le Duc Cuong

Thai Binh, .../.../2023

PhD Candidate

Pham Thi Van Anh