



North East Independent School District Health Initiatives Committee

Mission Statement: The North East Wellness Committee strives to foster a culture of health and wellness that will positively impact learning and productivity. We will motivate the NEISD community to value all aspects of wellness for the purpose of creating a strong educational environment. In doing so, we will empower individuals with the tools to function at their peak performance levels.



Metabolic Syndrome

Awareness & Education

EDUCATION: What is Metabolic Syndrome?

Metabolic Syndrome is a cluster of conditions, driven largely by unhealthy diet and inactivity, that place people at a higher risk for developing cardiovascular disease, diabetes, and a host of other debilitating illnesses.

The American Heart Association recommends that the metabolic syndrome be identified as the presence of three or more of the following components.

- Elevated Waist Circumference
- Elevated Triglycerides
- Reduced HDL ("good") Cholesterol
- Elevated Blood Pressure
- Elevated Fasting Glucose

AWARENESS:

It is estimated that over 50 million Americans have Metabolic Syndrome. People with Metabolic Syndrome are at an increased risk for Coronary Heart Disease, Stroke, and Type 2 Diabetes.

The dominant risk factor for metabolic syndrome appears to be abdominal obesity and insulin resistance.

Triglycerides

Elevated Triglycerides is a risk factor:

- Equal to or greater than 150

Excess Triglycerides in your blood is linked to coronary heart disease.

- If you are overweight, reduce to your ideal body weight
- Eat fruits and vegetables
- Get 30 minutes of physical activity on most days of the week
- Reduce the saturated fat, trans fat and cholesterol content of your diet

HDL

Reduced HDL ("good") cholesterol is a risk factor:

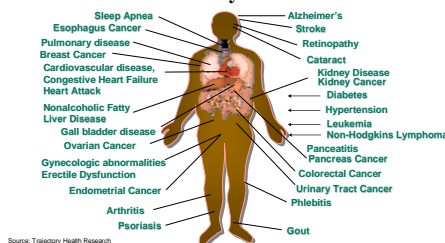
- Men – Less than 40 mg/dl
- Women – Less than 50 mg/dl

With HDL (good cholesterol) higher levels are better.

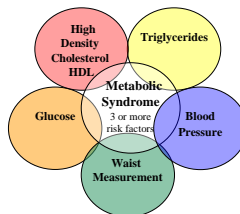
The average range for men should be between 40-50 mg/dl

The average range for women should be between 50-60 mg/dl

Increased Health Risk Associated With Metabolic Syndrome



Source: Trajectory Health Research



Waist Circumference

Elevated waist circumference is a risk factor:

- Men – Equal to or greater than 40 inches
- Women – Equal to or greater than 35 inches

Abdominal obesity (excess fat tissue in and around the abdomen)

Selected Resources

American Heart Association
<http://www.americanheart.org>

NEISD Wellness Landing Page
<http://staff.int.neisd.net/wellness/index.html>

Tools & Environment

TOOLS

Clinical management :

KNOW YOUR NUMBERS.

Physician counseling and medication to reduce cholesterol, glucose, and blood pressure to the recommended level

ENVIRONMENT

Lifestyle therapies: portion control and physical movement

- Weight loss to a desirable weight (BMI less than 25)
- Increase Physical activity of at least 30 minutes of moderate-intense activity on most days of the week
- Healthy eating habits that include reduced intake of saturated fat, trans fat and cholesterol
- Avoid tobacco smoke

The main goal in managing metabolic syndrome is to reduce the risk for cardiovascular disease and type 2 diabetes.

Blood Pressure

Elevated Blood Pressure is a risk factor:

- Equal to or greater than 130/85 mm

Blood pressure is the pressure of the blood against the walls of the arteries. High blood pressure usually has no symptoms, that is why it is called the "silent killer".

Glucose

Elevated fasting Glucose (blood sugar) is a risk factor:

- Equal to or greater than 100 mg/dl

Diabetes: Insulin resistance or glucose intolerance is when the body can't properly use insulin or blood sugar

Factors such as excess body fat and physical inactivity can trigger insulin resistance and Metabolic Syndrome