

# Entre Nosotros A Summit on Metabolic Syndrome and Diabetes

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Entre Nosotros: A Summit on  
Metabolic Syndrome and Diabetes

# NHANES III Survey

- U.S. Diabetes Statistics

18.2 Million Diagnosed With Diabetes

41 Million Are Pre-diabetic

5 million undiagnosed Cases

15 Fold Increase In Type –2 DM In  
Children And Young adults

(3% vs. 45%)

# Diabetes In Hispanics

- In 2000, 2 million Dx. With Diabetes
- 10 % of Hispanic have Diabetes
- Hispanic twice as likely to have Diabetes than non-Hispanics whites of similar age
- Prevalence

11.2 % for non-Hispanic Whites

20.3 % for Hispanic Whites

# Hispanic Health Risk Factors

- Family History of Diabetes and Hypertension
- Unhealthy Diets
- Obesity
- Smoking and Alcohol Use

# What is Metabolic Syndrome

- Changes in Metabolism
  - \* Insulin is affected by changes in metabolism
  - \* Fat Cells make inflammation chemicals
  - \* Triglycerides levels begin to rise
  - \* Good Cholesterol HDL drop, LDL rises

# Metabolic Syndrome Risk Factors

- ◆ Obesity Men-Waist 40" or >  
Women-Waist 35" or >
- ◆ Triglycerides > 150 mg/dl
- ◆ Blood Pressure > 130/85 mm Hg
- ◆ Fasting Glucose > 110 mg/dl
- ◆ HDL Cholesterol  
Men < 40 mg/dl  
Women < 50 mg/dl

# Metabolic Syndrome

- Can Lead To Health Problems
  - \* Diabetes
  - \* Heart Disease
  - \* Hypertension
  - \* Strokes
  - \* Kidney and Eye Problems

# Damage Control

- Improved Nutrition
- Regular Exercise
- Vitamin and Mineral Supplements
- Weight Reduction
- Medical Management and Treatment

# Intervention-Partnership Strategies

- M. S. Education
- Partnerships with Hispanic Physicians
- Community Groups
- Working with Schools
- Governmental Agencies
- Hispanic Leadership

