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ABSTRACT BOOK

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ABSTRACT

Rationale and Objectives
Changes in human life style have resulted in public health problems, particularly the increased number of metabolic syndrome incidence. This study was aimed to find out the relationship between meal pattern and physical activities with metabolic syndrome incidence among outpatients in Dr Wahidin Sudirohusodo hospital Makassar 2009.

Materials and Method
This study was an analytical-descriptive study with cross-sectional design. Sampling method used in this study was accidental sampling with total of 227 respondents. The data collected consisted of secondary and primary data including interview using questionnaire, anthropometric measure and the result of laboratory test. Data were analyzed by chi-square test. Study results indicated that dietary pattern (diet quality) assessed by DQS (Diet Quality Score) had a significant relationship with metabolic syndrome (p = 0.000, p < 0.05). In contrast, physical activities assessed by METs had no significant relationship observed with metabolic syndrome (p = 0.367, p > 0.05).

Results and recomendations
It is suggested that the patients consume various foods to alleviate specific nutrition deficiency, and it is recommended to consume more vegetables and fruits to meet the recommended fiber intake. In addition, the patients...
are recommended to exercise routinely to support their body health. It is suggested that the future studies about metabolic syndrome to involve community population, that the sample obtained will be those with undiagnosed metabolic syndrome and those who have not receive any medical intervention.

**Keywords:** Metabolic syndrome, dietary pattern, physical activities