

Metabolic Syndrome During the COVID-19 Pandemic

Workforce Health Assessment



How did the prevalence of metabolic syndrome (MetS) in working-aged adults change during the COVID-19 pandemic?



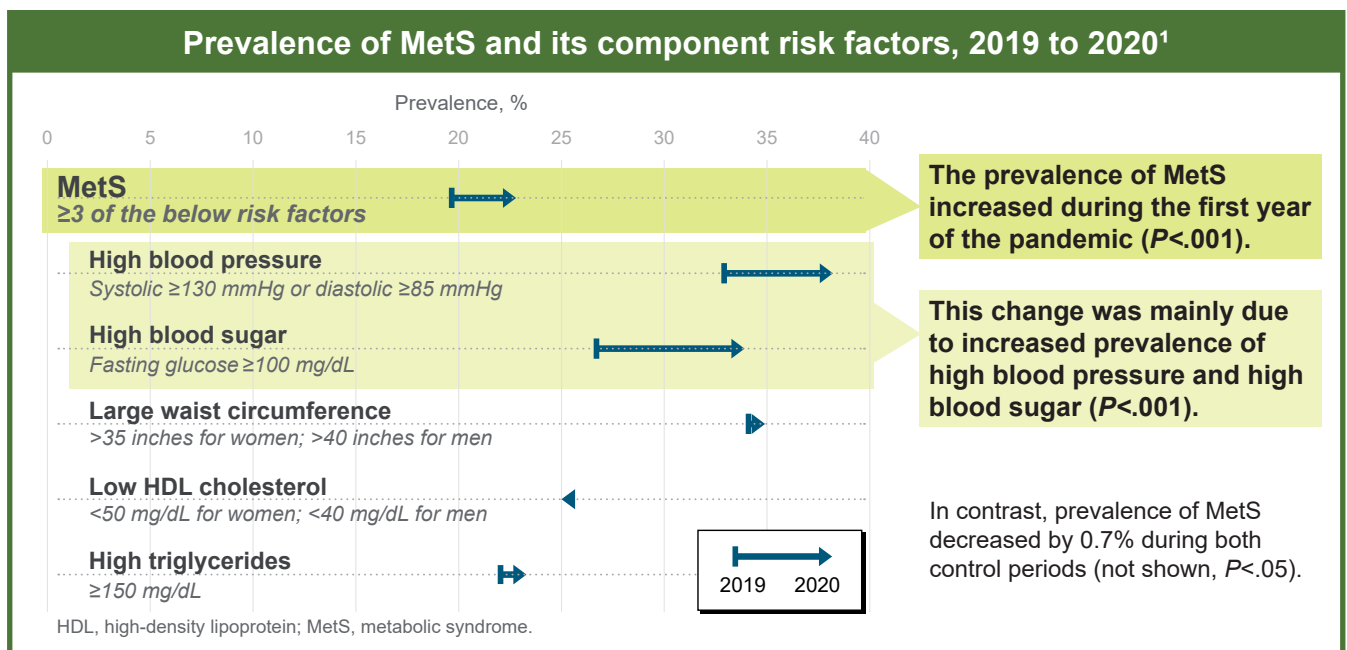
Background

The presence of at least 3 of 5 cardiometabolic risk factors—high blood pressure, high blood sugar, large waist circumference, low high-density lipoprotein (HDL) cholesterol, and high triglycerides—indicates MetS, which is associated with increased risk for cardiovascular disease and diabetes. Stressful life events can increase risk of MetS, but the impact of the COVID-19 pandemic on MetS has not been assessed.



Methods and Results

Using results of an annual employer-sponsored health assessment, the prevalence of MetS and each of its component risk factors was assessed yearly from 2018 to 2021. Changes in prevalence over the first year of the COVID-19 pandemic (2019-2020) were compared to changes over the 2 control periods (2018-2019 and 2020-2021).



During the first year of the COVID-19 pandemic, the prevalence of MetS and 2 of its component risk factors—high blood pressure and high blood sugar—increased significantly among working-aged adults.

1. Fragala MS, Matsushita F, Chen Z, et al. Cardiometabolic risk increased in working-aged adults during the COVID-19 pandemic. *Metab Syndr Relat Disord*. Published online August 24, 2023. doi:10.1089/met.2023.0044

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