A COMPARISON IN LIPID PROFILE AND FASTING GLUCOSE LEVELS BEFORE AND AFTER INTERVENTION IN SIBU, SARAWAK

HAIRONI Y, ANNUAR R

Department of Community Medicine & Public Health, Faculty of Medicine & Health Sciences, Universiti Malaysia Sarawak, Lot 77, Section 22, KTLD, Jln Tun Ahmad Zaidi Adruce, 93150 Kuching, Sarawak.

In order to determine the changes in lipid profile and fasting glucose levels in an urban community, a community-based epidemiological survey was conducted to compare 5-year mean changes in lipid and glucose levels after intervention. Sample size was 181 respondents with 66 (36%) males and 115 (63.5%) females. The majority of respondents were Malays (95%) with a mean age of 48.4 years (SD±11.7). Only 19 (15.5%) had family history of cardiovascular disease and 8 (4.4%) respondents had cardiovascular disease. Of the sampled population, 96 (53%) were obese, 41 (22.7%) were hypertensive and 30 (16.6%) had diabetes. Calculation of the cardiovascular risk factors using the Framingham Score showed that 121 (66.9%) of the respondents had moderate to high risk. Mean levels for LDL-cholesterol and triglyceride was higher whilst HDL-cholesterol was lower in the pre-intervention group (p<0.05). Fasting glucose levels was noted to be higher in the post-intervention group (p<0.05). Comparison between the cardiovascular risk ratio between the pre- and post-intervention group showed a higher level in the pre-intervention group (p<0.05). There was no difference in total cholesterol levels between the two groups. Males were 9.4 times more likely to develop diabetes as compared to females (p<0.05). The study indicates significant degree of improvement in lipid profile but worsening levels of fasting glucose in the community, which is consistent with the increase trends of diabetes.