

# Sedentary Life Style and Risk of Metabolic Syndrome of Public Health, Center Nurses during COVID-19 Pandemic

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**Sedentary Life Style and Risk of Metabolic Syndrome of Public Health Center Nurses during the Covid-19 Pandemic**

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**Background:** The Covid-19 pandemic had an impact on various aspects including increased anxiety and less physical activity due to the overload task for health workers including inpatient Public Health Centre (PHC). Both of these increase the risk of metabolic syndrome.

**Objective:** To describe the sedentary life style and the risk of metabolic syndrome in nurses who work in inpatient PHC in Sleman Regency, Yogyakarta.

**Methods:** This research was descriptive quantitative, conducted in August 2020. The data were collection using questionnaire form such as subject characteristics, sedentary life style and metabolic syndrome using test of random blood glucose, blood pressure, measuring body mass index (BMI) and abdominal circumference. The sedentary life style were categorized by sedentary when physical activity less than 5 times a week and less than 150 minutes a week while Pre DM were categorized by normal: 80-144mg/dL, pre DM: 145-199mg/dL and DM: >200 mg/dL. Blood tension were categorized by normotension: <130/<80 mmHg, prehypertension: 130-139/80-89 mmHg, hypertension: ≥140/80mmHg. Obese central were categorized by obese (female ≥80 cm, male ≥90 cm). and BMI categorized by wasting: <18.5, normal 18.5-24.9, overweight 25-30, obese >30. Metabolic syndrome were if three or more category was high. The subject were all nurses at Inpatient Public Health Center in Sleman Yogyakarta, willingness to involve this study, so the subject were as many as 99 persons. Data was



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presented by descriptive. The research was approved by MHREC Polkesyo, number e-KEPK/POLKESYO/0516/VI/2020

**Results:** The results showed that majority of subject were female (76.8%) and aged <30 years old (47.6%). Most of them have not physical activity regularly or sedentary life style habit (71.7%). Based on body mass index (BMI) measurement, as many as 36.4% was obese, while 47.5% suffer form central obesity. Random blood test showed that 25.3% were the pre-DM and DM and more than a half were pre-hypertension and hypertension (52.5%). The three indicators showed that 70.7% participants were suffer from syndrome metabolic.

**Conclusion:** Most of the respondents have sedentary life style and suffer from syndrome metabolic.

**Keywords:** Sedentary life style, metabolic syndrome, nurse

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