Analysis on the Current Distribution of Elderly Population and Generation Groups in Urban and Rural Areas of Taiwan

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Background and objective

The purpose of this study is to understand the prevalence of metabolic syndrome in the elderly population in Taiwan and the differences between urban and rural areas through field surveys, and then explore the health inequality between urban and rural areas in Taiwan.

Methods/intervention

This article adopts a cross-sectional study to investigate the current status of metabolic syndrome in various urban and rural settlements in Taiwan. Through field surveys, basic information of elderly people over 65 years old and relevant information such as five indicators of metabolic syndrome were collected and analyzed.

Results

The study admission period was from September 17,2022 to December 31, 2022. A total of 1,810 cases were admitted, of which 1,014 had metabolic syndrome (56%), and 466 people were in the metropolitan area (25.8%), accounting for , a total of 1,344 people in remote areas (74.2%). In this survey, a total of 214 people suffered from metabolic syndrome in urban areas (45.6%), and a total of800 people suffered from metabolic syndrome in remote areas (59.5%). Chi-square test was used to analyze the relationship between work type and whether they suffer from metabolic syndrome. It was later found that ($\chi2=24.6$, $p<0.001$) reached a significant difference.(Table1)

Conclusions/lessons learned

A 2018 study in Taiwan showed that the national prevalence rate of metabolic syndrome was 19.7%. Inthis research survey of the elderly, it was found that both the overall metabolic syndrome and the disease incidence in urban and rural areas are more than 2 times higher than the national prevalence rate, and the incidence of metabolic syndrome in remote areas is significantly higher than that in urban areas. Therefore, this study recommends that public awareness education on metabolic diseases in remote areas should be paid attention to, and the implementation should focus on nutritional balance and changing dietary habits, thereby bridging the health gap between urban and rural areas.

Relevance to HPH

It is recommended that public awareness education on metabolic diseases in remote areas should bepaid attention to, and the implementation should focus on nutritional balance and changing eatinghabits, thereby bridging the health gap between urban and rural areas.

Keywords

Metabolic Syndrome，Prevalence, Health Inequality

Table.1 Analysis on the distribution differences between urban and rural elderly population and generation groups in Taiwan

Area	metabolic syndrome		χ^2
	Yes	No	
Urban Area	214(21.1%)	252(31.7%)	24.6***
Rural Area	800(78.9%)	544(68.3%)	

*P<0.05 **P<0.01 ***P<0.001

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