

# Metabolic Syndrome

International Diabetes Federation definition

---

## Central obesity

---

Male	Ethnicity	Waist circumference
	Europid	≥ 94 cm
	Asian/Indian	≥ 90 cm

---

Female	Ethnicity	Waist circumference
	Europid	≥ 80 cm
	Asian/Indian	≥ 80 cm

---

### Plus any two of:

- raised triglyceride level: > 1.7 mmol/L, or specific treatment for this
- reduced HDL-C: < 1.03 mmol/L in males and < 1.29 mmol/L in females, or specific treatment for this abnormality
- raised blood pressure: SBP ≥ 130 mmHg or DBP ≥ 85 mmHg, or treatment of previously diagnosed hypertension
- fasting plasma glucose ≥ 5.6 mmol/L, or previously diagnosed type 2 diabetes.

Reference: The International Diabetes Federation consensus worldwide definition of the metabolic syndrome. International Diabetes Federation. Available at:

[http://www.idf.org/webdata/docs/MetS\\_def\\_update2006.pdf](http://www.idf.org/webdata/docs/MetS_def_update2006.pdf)