

# MetS prevalent among seniors at risk of mobility disability

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(HealthDay)—For older adults at high risk of mobility disability, metabolic syndrome is highly prevalent, according to a study published online Jan. 30 in the *Journal of the American Geriatrics Society*.

Anda Botoseneanu, M.D., Ph.D., from the University of Michigan in Ann Arbor, and colleagues conducted a cross-sectional analysis to examine the prevalence of metabolic syndrome and its association with physical capacity, disability, and self-related health in older adults. Data were collected for 1,535 community dwelling sedentary adults, aged 70 to 98 years and at high risk of [mobility disability](#).

The researchers found that the prevalence of metabolic syndrome was 49.8 percent overall, and was 83.2 and 38.1 percent, respectively, among

those with and without [diabetes mellitus](#). In the overall sample and in those without diabetes mellitus and with poorer self-rated health, metabolic syndrome correlated with stronger grip strength ( $P = 0.01$  and  $P$

"Longitudinal studies are needed to investigate whether [metabolic syndrome](#) accelerates declines in functional status in high-risk [older adults](#) and to inform clinical and public health interventions aimed at preventing or delaying disability in this group," the authors write.

**More information:** [Abstract](#)  
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