



OTs Walk with NAMI

This presentation provides an overview of metabolic syndrome. We will define the condition and discuss its components. Learn about associated health risks and prevention strategies. Understand how lifestyle changes can reduce your risk.

What is Metabolic Syndrome?

A Cluster of Conditions

Metabolic syndrome includes several risk factors. These factors increase the risk of heart disease. They also elevate the risk of diabetes and stroke.

Key Components

The syndrome involves abdominal obesity. It includes high blood pressure. Also, abnormal cholesterol levels and high blood sugar contribute.



Diagnostic Criteria

1 Waist Circumference

A large waistline is a key indicator. It signifies abdominal obesity.

2 Blood Pressure

High blood pressure is a significant risk factor.

3 Triglycerides

Elevated triglyceride levels are characteristic.

4 HDL Cholesterol

Low levels of HDL ("good") cholesterol are a concern.

Risk Factors



Age

The risk of metabolic syndrome increases with age.



Obesity

Excess weight, particularly abdominal obesity, is a major risk.



Diabetes

A family history of diabetes increases the risk.



Health Risks

1

Heart Disease

Increased risk of coronary artery disease.

2

Diabetes

Significantly higher risk of type 2 diabetes.

3

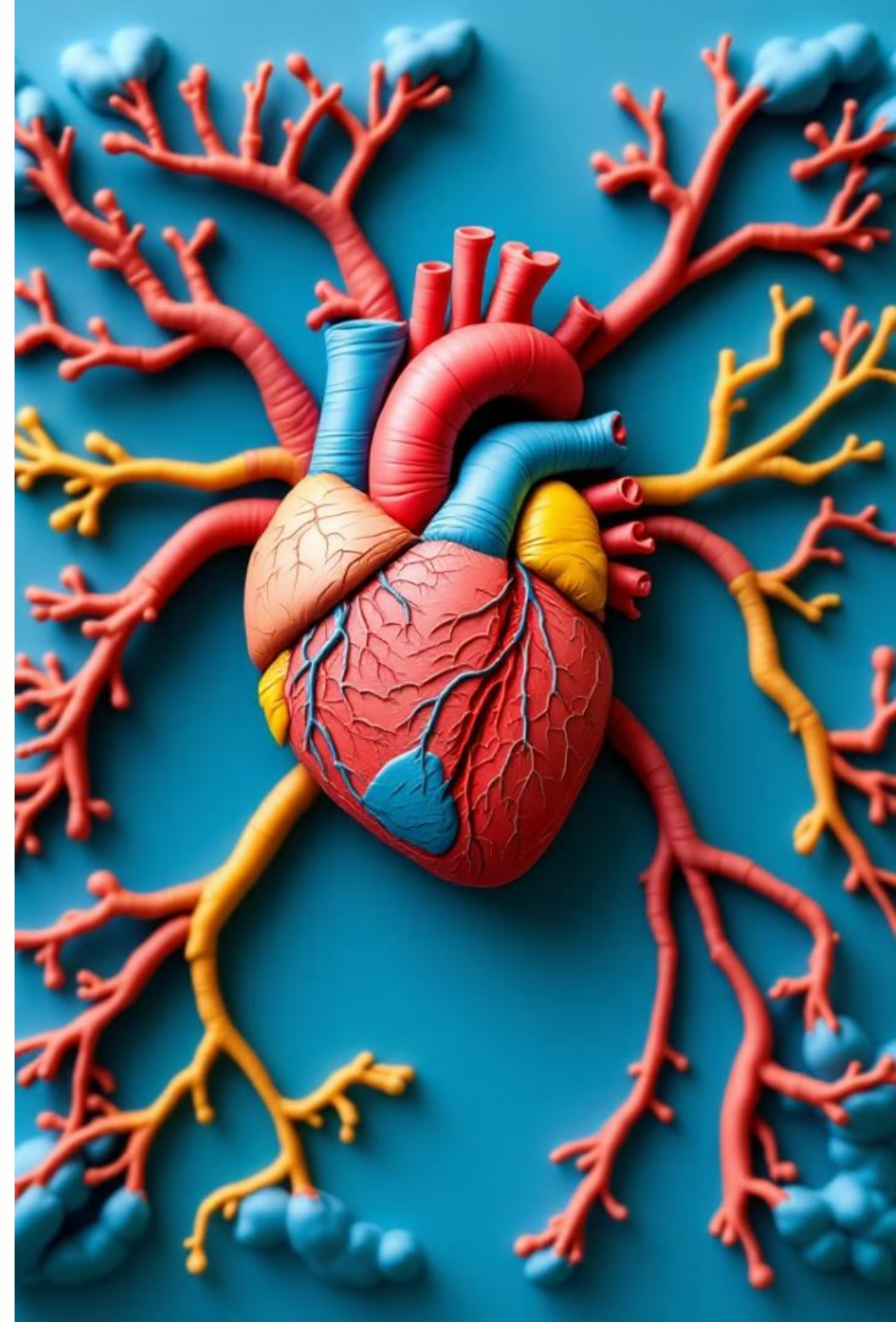
Stroke

Elevated risk of ischemic stroke.

4

Fatty Liver

Non-alcoholic fatty liver disease (NAFLD) is common.





Prevention Strategies

Healthy Diet

Focus on fruits, vegetables, and whole grains. Limit processed foods.

Regular Exercise

Aim for at least 30 minutes of moderate exercise daily.

Weight Management

Maintain a healthy weight to reduce risks.

The Role of Diet

1 Reduce Sugar Intake

Minimize sugary drinks and processed sweets.

2 Increase Fiber Consumption

Incorporate more fruits, vegetables, and whole grains.

3 Incorporate Healthy Fats

Opt for unsaturated fats instead of saturated and trans fats.



Exercise Recommendations

1

Aerobic

Brisk walking

2

Strength

Weight lifting

3

Flexibility

Stretching

Medical Management

Regular Check-ups

Monitor blood pressure, cholesterol, and blood sugar.

Medications

Medications to control blood pressure. Also, cholesterol and blood sugar may be needed.

Benefits of Physical Activity for for Mental Illness

Physical activity has numerous benefits for individuals with mental health conditions. Regular exercise can significantly reduce symptoms of anxiety and depression.

It helps improve mood, boosts self-esteem, and enhances cognitive function. Exercise also serves as a healthy coping mechanism for stress and emotional challenges.

Engaging in physical activity can promote better sleep, increase energy levels, and foster a sense of accomplishment, all of which contribute to overall mental well-being.



OTs Walk with NAMI



Community Walks

Organize community walks to promote mental wellbeing and mental health advocacy



Education

Educate on the positive impact of walking on mental health.



Support

Offer support to individuals with mental health conditions for regular walking.



Key Takeaways

1

Awareness

Understand the risks.

2

Lifestyle

Adopt healthy habits.

3

Management

Seek medical guidance.