

P-1281 - THE IMPACT RCT: PREVALENCE OF METABOLIC SYNDROME IN A SEVERELY MENTALLY ILL COHORT

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Introduction: The increased prevalence of metabolic syndrome in people with severe mental illness (SMI) is well documented. The International Diabetes Federation (IDF) criteria for metabolic syndrome are three or more of the following: waist circumference ≥ 80 cm (females), ≥ 94 cm (males) OR BMI ≥ 30 , triglycerides >1.7 mmol/l or on treatment, raised blood pressure (systolic >130 mm Hg or diastolic >85 mm Hg, OR on treatment for hypertension), raised fasting blood glucose (≥ 5.6 mmol/l OR diagnosed type II diabetes) and reduced HDL cholesterol (< 1.03 mmol/l) OR on treatment. The IMPACT RCT is a Department of Health funded trial of a health promotion intervention (HPI) delivered by care co-ordinators to people with SMI across South London, Kent and Sussex. The intervention is focussed on improving health by addressing modifiable lifestyle factors such as diet, physical activity, obesity, cigarette smoking, alcohol and substance use.

Objectives/aims: We investigated the prevalence of metabolic syndrome in a sample of 212 patients for whom we had relevant baseline measures.

Methods: Data (weight, BMI, waist circumference, blood pressure, fasting HDL cholesterol, triglycerides and glucose levels) were analysed on 212 patients.

Results: 45% of the sample met IDF criteria for metabolic syndrome. Mean BMI was 30.6, glucose 6.4mmol/L, triglycerides 2.0mmol/L, HDL 1.2 (mmol/L), waist circumference 105.8cm, and BP 122/82mm Hg.

Conclusions: Metabolic syndrome was highly prevalent in this sample, significantly increasing the risk of physical morbidity and potentially lowering life expectancy. There is an unmet need for health promotion interventions in order to lower morbidity and mortality risk in these populations.