

Abstract Title:

A description of weight trends and metabolic syndrome risk factors in the Alder Tertiary Mental Health Unit population
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Objective: To determine the prevalence of risk factors (RFs) for metabolic syndrome (MetS) and weight trends in clients admitted at Alder Tertiary Mental Health Unit at St. Vincent's: Langara residential facility.

Methods: A retrospective chart review was completed for all clients (n=50) admitted from January 1, 2011- October 31, 2016 at Alder Tertiary Mental Health Unit. Data was collected on psychiatric diagnosis, demographics, anthropometrics, lipid profile, and the presence or absence of hypertension and diabetes mellitus and their corresponding medications. No data points were collected past October 31, 2016. Descriptive statistics were used for analysis.

Results: The majority of the study subjects were aged 40 years or older (n=47, 90%) and male (n=40, 80%). Brain injury was the most common admitting diagnosis and all clients were on a form of antipsychotic medication. There was no universal weight trend among the study population over the course of the study time frame. Average initial and final BMI for the study population varied only slightly from 24.1kg/m² to 24.77kg/m² during the study time frame. Low HDL and elevated TG were the most prevalent RFs, accounting for 80% (n=40) and 54% (n=27) of the study population, respectively. 38% (n=19) of the study population met the criteria for MetS, defined as having 3 or more RFs.

Conclusion: Interventions directed at combating MetS risk in the population at Alder Tertiary Mental Health Unit may provide greatest benefit if they target improving client blood lipid profiles.

Significance to the field of dietetics: MetS is prevalent in Canada, resulting in significant strain on affected individuals and the healthcare system. There are currently few studies investigating the prevalence of MetS and specific RFs in the tertiary mental health setting and a knowledge gap remains. Study outcomes may help guide nutrition interventions to enhance patient care in this unique population.