

RES05 – E

TOPIC: IN SUPPORT OF EDUCATION AND AWARENESS REGARDING THE NATIONAL EPIDEMIC OF METABOLIC SYNDROME IN THE UNITED STATES.

SUBMITTED BY: Maureen Church Coburn School of Nursing

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1 **WHEREAS,** Metabolic Syndrome is a cluster of traits that increase the risk of heart
2 disease which are defined as: abdominal girth (> 40 inches for men, > 35
3 inches for women), elevated triglyceride levels (\geq 150 mg/dl), low high
4 density lipoprotein (HDL) levels (<40 mg/dl for men, <50 mg/dl for
5 women), elevated blood pressure (\geq 130/85 mm/Hg), and elevated fasting
6 blood glucose (\geq 110 mg/dl) (McLaughlin, Abassi, Cheal, Chu,
7 Lamendola & Reaven, 2003, p. 804); and
8 **WHEREAS,** the presence of three out of five of these characteristics establishes a
9 diagnosis of Metabolic Syndrome, and are a better indicator of the risk of
10 heart disease and Type II Diabetes than any individual factor (Nash, 2004,
11 p. 859); and
12 **WHEREAS,** “almost 47 million people have Metabolic Syndrome” (Nash, 2004, p.
13 860); and
14 **WHEREAS,** 23.7% of U.S. adults over the age of 20, and 40% of U.S. adults over the
15 age of 60 have Metabolic Syndrome (Nash, 2004, p. 860); and
16 **WHEREAS,** one in eight school children have three or more traits of Metabolic
17 Syndrome (Mayo Clinic Staff, 2004, *Metabolic Syndrome*, ¶ 12); and
18 **WHEREAS,** men with the traits of Metabolic Syndrome are twice as likely to have a

19 heart attack or stroke, and more than three times as likely to develop heart
20 disease as those without any traits (Mayo Clinic Staff, 2004, *Metabolic*
21 *Syndrome*, ¶ 7); therefore be it

22 **RESOLVED,** that California Nursing Students' Association supports the inclusion of
23 education for nurses and nursing students on Metabolic Syndrome in their
24 curriculum; and be it further

25 **RESOLVED,** that CNSA promotes patient teaching regarding Metabolic Syndrome and
26 its associated risk factors; and be it further

27 **RESOLVED,** that CNSA promotes lifestyle changes such as a healthy diet, exercise,
28 smoking cessation, and regularly scheduled check-ups; and be it further

29 **RESOLVED,** that CNSA publish articles on the topic of Metabolic Syndrome in *Range*
30 *of Motion*, if feasible; and be it further

31 **RESOLVED,** that CNSA encourage individual members to promote education in their
32 communities regarding the increased health risks and costs associated with
33 Metabolic Syndrome through health fairs and school outreach programs;
34 and be it further

35 **RESOLVED,** that CNSA send copies of this resolution to the following: American Heart
36 Association, American Diabetic Association, National League of Nursing,
37 American Nurses Association, American Association of Colleges of
38 Nursing, American Organization of Nurse Executives, National
39 Organization of Associate Degree Nursing, American Public Health
40 Association, National Heart, Lung and Blood Institute, American Red
41 Cross, and Association of California Nurse Leaders.