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Metabolic Syndrome and Its Components: Endogamy and Urban-Rural Differences

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ABSTRACT In this study, the researchers made an attempt to study the effect of endogamy and residence on the prevalence of metabolic syndrome (MS) and its components and also investigated the predictors of MS involving *Reddy* and *Madiga* subjects of urban and rural areas. Anthropometric measurements and blood pressure were recorded. Glucose and lipid parameters were estimated and the prevalence of MS was estimated. Prevalence of MS was not different between Reddy and Madiga in urban and rural areas but was significantly higher in urban than rural Madiga ($p<0.05$). Prevalence of high waist circumference (WC) and high blood pressure was significantly higher in Reddy than Madiga in urban and rural areas. High triglycerides and high blood pressure were significantly higher in urban than rural Madiga ($p<0.01$). Two way analysis of variance showed significant effect of endogamy and residence on WC, triglycerides and blood pressure. Body mass index and total cholesterol were found to be the common predictors of MS in both endogamous and residence groups.