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**BETEL-QUID USE IS ASSOCIATED WITH THE METABOLIC SYNDROME AMONG ADULT ABORIGINES IN TAIWAN**

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#### Introduction

Betel-quid use, the fourth addictive habit in the world after nicotine, alcohol, and caffeine use, and was widespread in southern Asia. Betel-quid use has been associated with obesity and hyperglycemia. It is a popular habit among aborigines in Taiwan. Little research describing the association of the betel-quid use contributes to the metabolic syndrome in aborigines in Taiwan.

#### Aims:

The aim of the study was to assess the prevalence of metabolic syndrome in adult aborigines and to test whether betel-quid use contributes to the metabolic syndrome.

#### Methods

A cross-sectional survey was conducted and 558 aborigines, aged > 40 years who had undergone the health examination in a aboriginal health care center were recruited into this study. The metabolic syndrome was defined according to the criteria of the National Cholesterol Education Program Adult Treatment Panel III (NCEP/ATP III). Information on substance use (betel-quid, cigarette, alcohol) and depression were obtained by performing personal interviews using a validated questionnaire.

#### Results

The prevalence of metabolic syndrome in adult aborigines was 30.6%, the prevalence rate was significantly higher in women than that of men (34.1% compared with 24.1%, OR: 1.57, 95% CI: 1.06 -2.36). After covariate adjustment, betel-quid users were more likely to have metabolic syndrome (AOR: 1.51, 95% CI: 1.04-2.21). However, depression was not associated with metabolic syndrome.

#### Conclusions

These data suggest that betel-quid use is independently and positively associated with metabolic syndrome in adult aborigines.