
METABOLIC SYNDROME AND LIPID GOALS

The metabolic syndrome is a collection of risk factors that increases a person's chances of developing diabetes, heart disease, or stroke. People are diagnosed with metabolic syndrome when they have three or more of the risk factors at the levels listed in the table. Also included in the table are the corresponding lipid goal thresholds that the American Diabetes Association currently advises people with diabetes to aim for.

RISK FACTOR	DEFINING LEVEL FOR METABOLIC SYNDROME	GOAL FOR PEOPLE WITH DIABETES
Abdominal obesity (Waist circumference)		
Men	Greater than 40 inches	—
Women	Greater than 35 inches	—
LDL cholesterol	—	Less than 100 mg/dl
Triglycerides	150 mg/dl or higher	Less than 150 mg/dl
HDL cholesterol		
Men	Less than 40 mg/dl	Greater than 40 mg/dl
Women	Less than 50 mg/dl	Greater than 50 mg/dl
Blood pressure	130/85 mm Hg or higher	Below 130/80 mm Hg
Fasting glucose	Greater than 100 mg/dl* (and less than 126 mg/dl)	—

The defining levels of metabolic syndrome were taken from the Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III).

* The 2002 ATP III report originally listed a fasting plasma glucose level greater than 110 mg/dl as being diagnostic of metabolic syndrome, but in 2004, the American Diabetes Association lowered the definition threshold for impaired fasting glucose to 100 mg/dl.
