



Prevalence and Epidemiological Characteristics of Non Alcoholic Fatty Liver Disease in the U.S. Population

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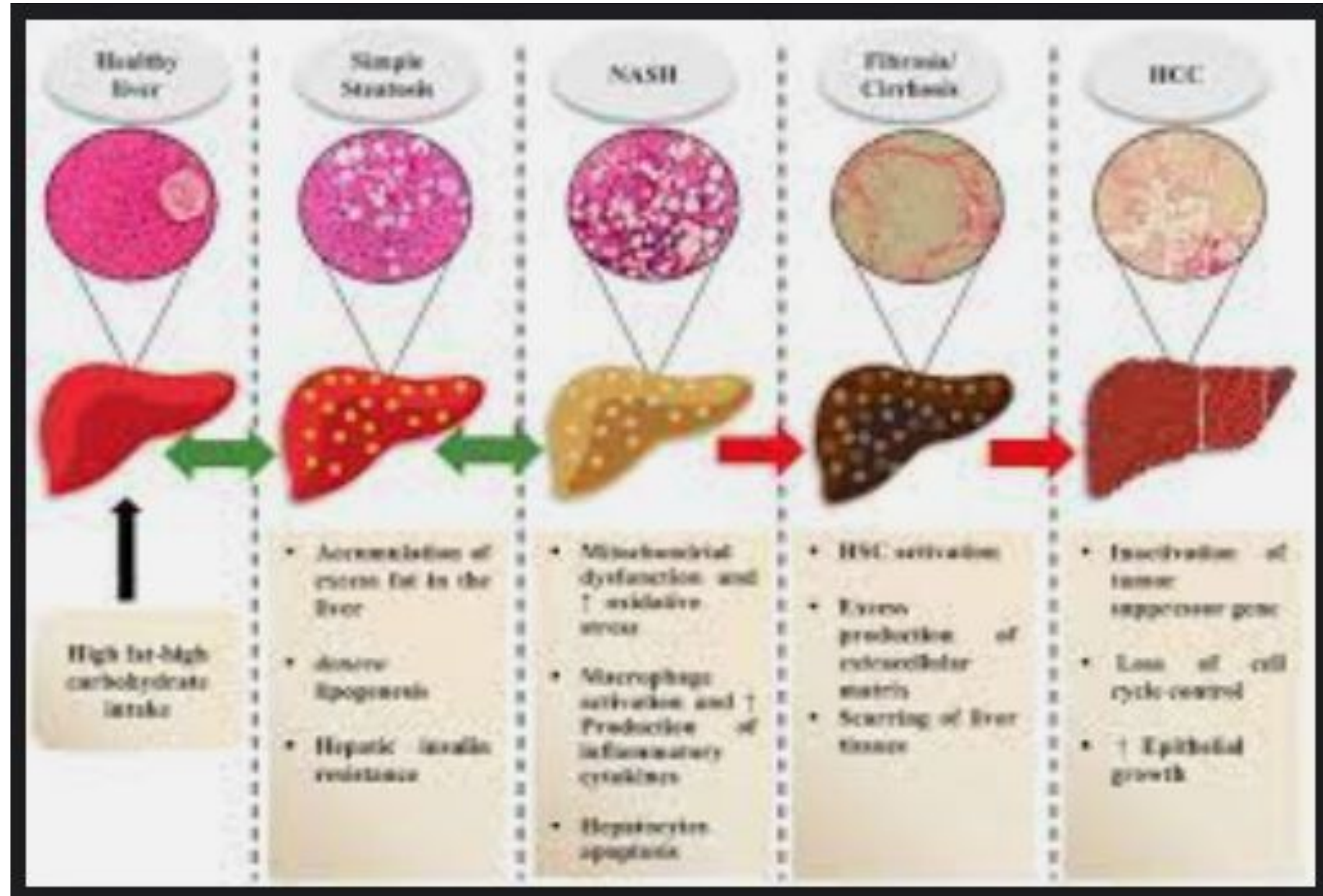
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Background

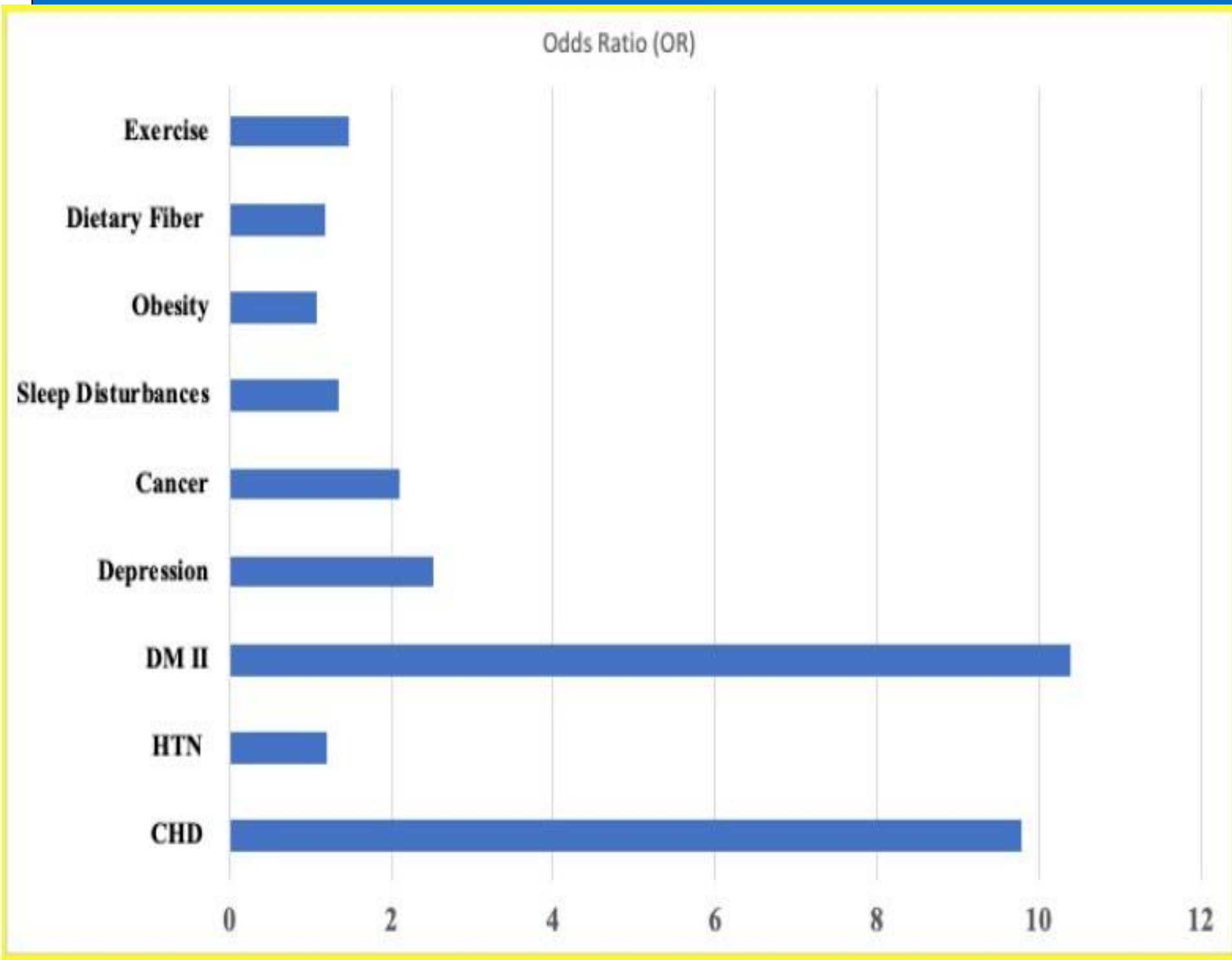
- ❖ Non-alcoholic fatty liver disease is a biologically and clinically heterogeneous multisystem disorder that affects one-quarter of the global adult population and causes substantial social and economic implications.
- ❖ There is limited literature describing the national prevalence and epidemiological characteristics of NAFLD in the US population. The primary outcome of the study was to evaluate the concurrent prevalence and lifestyle diseases among NAFLD.

Methods

- ❖ A retrospective cross-sectional study using the NHANES database from 2015-to 2018 was conducted. The datasets were downloaded from the NHANES web site and combined using SAS software (Version 9.4).



Results



- ❖ Of the total 255,968 sample size,
- ❖ The total number of people identified with NAFLD was 717 (0.26%).
- ❖ NAFLD was more prevalent in
 - Age: >62 years
 - Race: Hispanics
 - Income >\$100,000

Conclusions

- ❖ People with NAFLD had a higher association of having lifestyle disorders including diabetes, obesity, depression, hypersomnia, low dietary fibre intake, and a sedentary lifestyle.
- ❖ Cancer was also found to be higher among people with NAFLD. Our study summarises the epidemiological characteristics of NAFLD in the US population.
- ❖ Early identification and risk mitigation strategies with active lifestyle might reduce the burden of NAFLD associated disorders.

References

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