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## Is the metabolic syndrome associated to childhood obesity?

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**Introduction:** Children obesity is one of the main public health problems. The metabolic syndrome (MS) has usually been associated to adult health diseases. However, nowadays it has been observed in overweight and obese (OW/OB) children. The aim of this study was to determine the incidence of metabolic syndrome in OW/OB children from Lleida.

**Method:** The present study is an observational study, where 53 OW/OB children between 10-12 years old have participated. Anthropometric and related to the SM parameters in children population were measured following the parameters of the International Diabetes Federation (IDF). The degree of obesity was classified according the LMS method.

**Results:** 25 (47.17%) participants had a waist circumference (WC)  $\geq 90$  cm (9 girls and 16 boys). One of the children (1.89%) suffered SM and 8 (15.09%) had  $PA \geq 90$  cm and another factor associated with MS such as high blood pressure, plasma lipids or glucose. Systolic blood pressure  $\geq 130$  was the highest incidence parameter.

**Discussion:** In the current study the prevalence of MS was lower than the observed in the study NAHNES (9.4% of boys and 9.7% of girls had MS), following the IDF criteria. Having in mind this situation, we think it is essential to carry out urgent actions to prevent and treat overweight and obese children as well as to avoid suffering from SM.

## Biography

Noemí Serra-Paya has completed her PhD from University of Lleida - INEFC Lleida. She has published all the papers from her PhD, and it has an International Mention. She is teacher from the University of Lleida.

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