

# 5<sup>th</sup> Asian Obesity Specialists & Endocrinologists Annual Meeting

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## Obesity and metabolic syndrome in adolescent in North Sulawesi Province

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**Background & Aim:** The prevalence of obesity is increasing in adults, adolescents and children. The increasing prevalence of obesity in the world was accompanied by an increase in the prevalence of metabolic syndrome. This study aims to determine the prevalence of obesity and metabolic syndrome in obese adolescents.

**Methods:** This study was conducted with a cross-sectional design of high school students in North Sulawesi province of Indonesia. A total of 2248 students consisting of 865 men and 1383 women, aged 13-18 years, measurement of waist circumference (LP), blood pressure, lipid profile examination, and blood sugar levels. Subjects who are obese with metabolic syndrome were selected for the study by using the IDF criteria, 2007. Data were analyzed descriptively by using general method univariate analysis.

**Results:** As much as 22% of subjects (494 students) are already obese centralist. From 210 obese subjects (28.9% of men and women as much as 71.1%) as much as 13.2% has Triglycerides  $\geq 150$  mg/dL, and as much as 81% in HDL levels below normal. 4.2% of subjects has GDP  $\geq 100$  mg/dL and 30.6% blood pressure  $\geq 130/85$  mmHg. The prevalence of metabolic syndrome in obese adolescents was 36.9%.

**Conclusion:** The prevalence of adolescent obesity is 22% and; 37% of obese adolescents met the criteria for metabolic syndrome. These findings may have important implications for prevention and intervention of adolescent obesity.

### Biography

Aaltje E Manampiring has completed her PhD from Hasanuddin University. She is a Lecturer at faculty of Medicine, Sam Ratulangi University.

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