Is there an Association between Cardiometabolic Risk and Severity of Obesity in Children and Young Adults?

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Introduction

Obesity is a global epidemic and it is associated with numerous comorbidities such as metabolic syndrome, dyslipidemia, glucose intolerance, diabetes, hypertension, certain cancers, and sleep apnea/sleep-disordered breathing and cardiovascular diseases [1-6].

Skinner et al. performed a cross-sectional analysis from overweight or obese children and young adults (3 to 19 years) to assess the prevalence of multiple cardiometabolic risk factors according to the severity of obesity. It was found that 8579 children and young adults with a body mass index in the 85th percentile or higher, 6.9% were overweight, 36.4% had class I obesity, 11.9% had class II obesity, and 4.8% had class III obesity. Cardiometabolic variables were higher with more severe obesity in both sexes, and the values were higher in male participants; for HDL cholesterol, the mean values were lower with more severe obesity. Multivariate models demonstrated that the greater the degree of obesity, the greater the risk of a low level of HDL cholesterol, high systolic and diastolic blood pressure, and high triglycerides and glycated hemoglobin levels [7].

Severe obesity was associated with an increased prevalence of cardiometabolic risk factors, particularly in males.

References