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Title	Co-Morbidities in Childhood Obesity:An Observational Study
Department	Department of Pediatrics (1) Kasturba Medical College & Hospital,Manipal (1)
Category	Obesity and metabolic syndrome
Abstract	<p>Objectives:To determine the prevalence of metabolic syndrome (MetS) and its components among overweight and obese children.To compare the prevalences of MetS when using 3 different definitions (MetS IFG with the impaired fasting glucose [IFG] level, MetS HOMA1 with a homeostasis model assessment of insulin resistance[HOMA-IR] of 2.5 or higher to define the glucose regulation component and MetS HOMA2 with a HOMA-IR of 3.99 or higher to define the glucose regulation component).</p> <p>Design:Cross-sectional analysis</p> <p>The study participants included sixty-five overweight and obese children between 10-18 years attending Pediatrics Outpatient Department at Kasturba Hospital ,Manipal.Data was analysed using SPSS version 16;SPSS,Inc.</p> <p>Main Outcome Measures:Prevalence of individual MetS components:IFG threshold,HOMA-IR,elevated blood pressure,central adiposity,hypertriglyceridemia and low high –density lipoprotein were assessed.Rates of MetS IFG and MetS HOMA were also compared.</p> <p>Results:The proportion of obesity was same in both sexes.All participants in the obese group had central adiposity as against 88.89% in the overweight group.Hypertension was seen in 21.27%(10/47) of obese and 16.67%(3/18) of overweight children.The participants in the obese group had higher fasting insulin and HOMA-IR levels than the participants in the overweight group.Majority of the children in the study had 2 to 3 risk factors for metabolic syndrome.MetS IFG ,MetS HOMA1 and MetS HOMA2 point prevalences were 26.15%,56.92% and 43.08% respectively.</p> <p>Conclusion:We demonstrated that obesity is linked to a host of metabolic abnormalities.MetS HOMA consistently identified more participants with MetS than MetS IFG .In children a metabolic syndrome diagnosis can be a particularly valuable catalyst for an intensive diet and exercise intervention targeted at preventing further disease progression.</p>
Conflicts	
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Decision of Scientific committee	
State if accepted for oral	