

INTRODUCTION

Sedentary lifestyle + current diet → non-communicable diseases (METABOLIC SYNDROME)

Every day these pathologies are more frequent in pediatrics.

AIM

Establish the prevalence of metabolic syndrome and its components in overweight and obese children and assess its impact.

METHOD

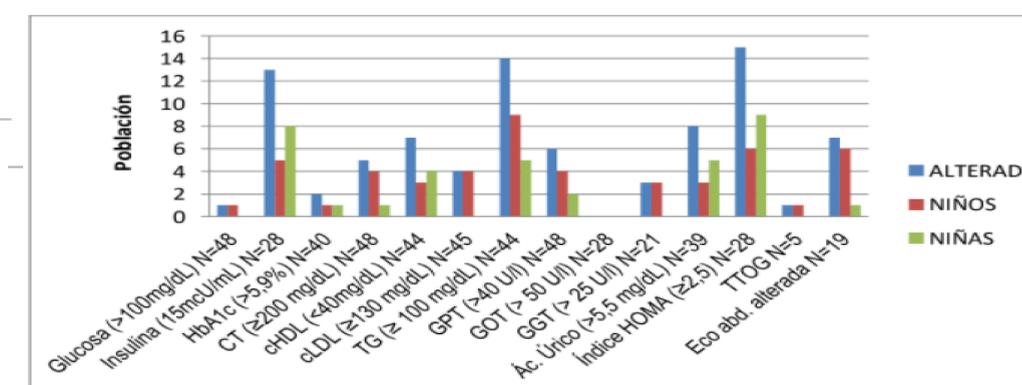
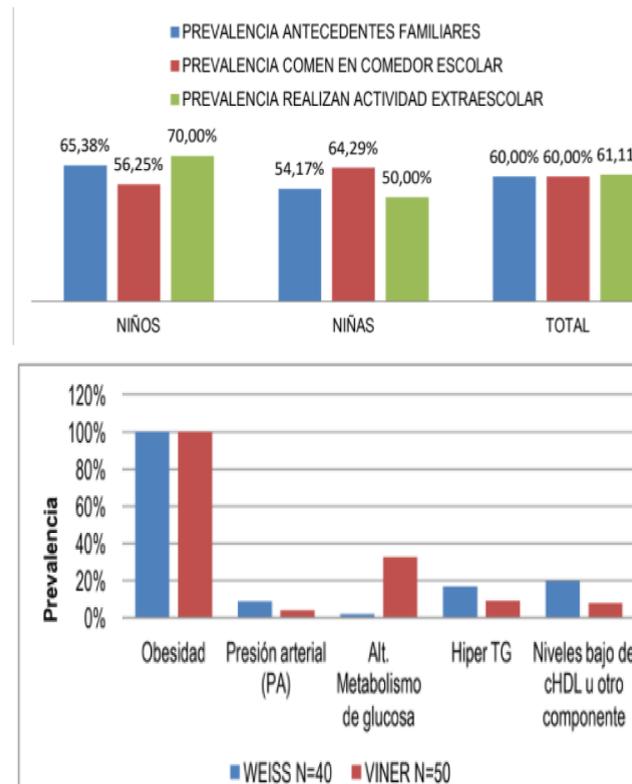
- Retrospective descriptive study
- Overweight / obese patients 6-14 years in CCEE pediatric endocrinology for 1 year (2019)
- Demographic, clinical, analytical and ultrasound data → Analysis using Excel

RESULTS

50 patients
(48% women-52% men)



Average years:
10.4 años



10% patients with metabolic síndrome by Weiss or 6% by Viner score

CONCLUSIONS

- One of the main causes of mortality in the western world are cardiovascular diseases, with non-communicable diseases such as obesity, hypertension, insulin resistance or diabetes mellitus and hypercholesterolemia being the main risk factors for suffering them.
- A high percentage of these pathologies was observed among the pediatric patients studied, with several of our patients reaching the criteria for metabolic syndrome. - It is a growing problem that will continue to grow if we do not change our habits.

ACKNOWLEDGEMENTS

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