The introduction of the study highlights the link between a sedentary lifestyle and non-communicable diseases, particularly metabolic syndrome. It mentions that such pathologies are becoming more frequent in pediatrics every day.

The aim of the study is to establish the prevalence of metabolic syndrome and its components in overweight and obese children and assess its impact.

Method: The study is a retrospective descriptive study of overweight/obese patients between 6-14 years old in CCEE pediatric endocrinology for 1 year (2019). Demographic, clinical, analytical, and ultrasound data were analyzed using Excel.

Results: 10% of patients met the criteria for metabolic syndrome according to Weiss, and 6% according to Viner. The average age was 10.5 years, with 50 patients studied (48% women, 52% men).

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. This is a growing problem that will continue to grow if we do not change our habits.