Adil O Bahathiq, J Metabolic Synd 2018, Volume 7
DOI: 10.4172/2167-0943-C1-008

The hyperloop way to metabolic syndrome

Adil O Bahathiq
Um-Alqura University, Saudi Arabia

Childhood obesity has long-term health consequences, including strong tracking of obesity and related facilitator into adulthood associated with short- and long-term health consequences. This underscores the relevance for evaluation of the food systems and environment, opportunities to exercise, as well as continued efforts on body mass index (BMI) surveillance, early detection and effective interventions of obesity and related health problems. A greater understanding of the relative importance of environmental and biological factors in the development and persistence of childhood obesity will help us in effectively minimise this epidemic problem. Obesity can lead to a variety of diseases such as hypertension, hypertriglyceridemia, hypercholesterolemia and high glucose level. These diseases are called metabolic syndrome. Metabolic syndrome is characterized by a group of metabolic risk factors which include abdominal obesity, atherogenic dyslipidemia, elevated blood pressure, and insulin resistance or glucose intolerance. The aim of this study was to examine the prevalence of metabolic syndrome among female school children and adolescents. A cross-sectional study was conducted among 1356 female school children and adolescents between the ages of 6 to 18 years. Body mass index, waist circumference, blood glucose level, lipid profile, and arterial blood pressure were determined. Criteria of ATP III were used to diagnose metabolic syndrome among participants. Among 1356 female school children and adolescents aged 6-18 years, 15.2% were overweight and 15.3% were obese. The prevalence of metabolic syndrome was 17.11% overall, 62.02% in obese and 50% in overweight participants. An enormous population of Saudi children and adolescents particularly females are potential to develop metabolic syndrome. We recommend a national obesity prevention program at community level to be implemented to promote leaner and consequently healthier community; Weight reduction program, lifestyle modification, and screening for risk factors of metabolic syndrome should be given rather special consideration.

Biography

Adil O Bahathiq had initial experience of the research tools with Professors Ian Cooke and William Ledger at University of Sheffield, UK. He found new data of fallopian tube and epididymis for his PhD. Then, he conducted a new line of research that helped and improved the health of the community. He has developed expertise in this area after years of experience in research, evaluation, teaching and administration both in hospital and educational institutions. This research area was chosen by him because of the lack of data available related to obesity and the metabolic syndrome in children and adults of the Makkah Community. The findings of this research have been beneficial to the authorities in the fields of education and health in Saudi Arabia.

Drbahathiq@hotmail.com

Notes: