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Metabolic syndrome and blood pressure, predict cardio vascular risk factors in children with obesityFateme Esfarjani¹, Mohammadi F¹, Khalafi M¹, Roustae R¹, Alikhanian H¹ and Kelishadi R²¹Shahid Beheshti University of Medical Sciences, Iran²Isfahan University of Medical Sciences, Iran

Childhood obesity increases the risk of metabolic syndrome (MetS), both in childhood and adulthood. The present study was determined the prevalence of MetS and its potential determinants in a representative sample of obese children. This cross-sectional study was conducted among 150 obese children, with body mass index (BMI) $\geq 95^{\text{th}}$ percentile) with seven years of age. They were randomly selected from nine health centers in three districts of the north Tehran. Trained nutritionists completed a socio-demographic questionnaire by interviewing parents, and conducted the physical examination. MetS was defined based on modified ATP III criteria. The mean (SD) of weight, height, and BMI was 37.5 (6.3) kg, 127.2 (4.7) cm and 23.08 (2.9) kg/m², respectively. The prevalence of MetS was 13.4%, without significant difference in terms of gender. The most common component of MetS was abdominal obesity (79%). While 21.3% of children did not have any component of MetS, 42% of them had at least one component. Most children with MetS had a history of breastfeeding for less than 6 months. Waist circumference, systolic and diastolic blood pressure, fasting blood glucose, and triglyceride levels were higher in MetS compared to controls ($p < 0.05$). Logistic regression model revealed that children with birth weight of ≤ 2500 gr. were at higher risk of MetS than children with a higher birth weight (OR=4.3; 95% CI: 1.1-9.7). Primordial prevention of childhood obesity, screening the components of MetS among obese children and assessing the clustering of risk factors is associated with an increased risk of cardiovascular disease. Therefore, these components should be considered as a health priority at individual and public levels.

Biography

Fateme Esfarjani is an academic member of food and nutrition policy and planning research department, in National Nutrition and Food Technology Research Institute. She has several years of experience in research, evaluation, teaching and administration both in hospital and education institutions. Her field of interest is in clinical nutrition, she published 23 papers in academic journals and more than 124 abstract presentations in congresses.

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