

# Childhood obesity linked to increased risk of adult cardiovascular and metabolic disorders

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Mounting evidence linking childhood obesity to an increasing risk of obesity, heart disease, type 2 diabetes, and other cardiovascular and metabolic disorders in adulthood is clearly presented in a comprehensive review article in the current issue of *Childhood Obesity*, published by Mary Ann Liebert, Inc.

Authors Megan Moriarty-Kelsey, MD and Stephen Daniels, MD, PhD, Department of Pediatrics, University of Colorado School of Medicine, caution that the rising prevalence of obesity in children will lead to higher obesity rates in the adult population, resulting in a greater health burden caused by obesity-related metabolic and cardiovascular complications. In fact, obese children may already exhibit early signs of disorders such as hypertension, elevated cholesterol levels, and [insulin resistance](#).

In the article entitled "[Childhood Obesity](#) is the Fuel That Fires Adult Metabolic Abnormalities and Cardiovascular Disease," the authors emphasize the importance of prevention and early intervention for childhood obesity. This not only minimizes risk of future disease, but also prevents the occurrence of disorders once thought of as conditions of adulthood that have become increasingly common in children, such as [type 2 diabetes](#) and fatty liver disease.

**More information:** The article is available free online.

Provided by Mary Ann Liebert, Inc.

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