

# Life expectancy lowered by ten years in obese children

November 21 2013

---

In Mexico, overweight or obese children could suffer a step back in life expectancy by up to 10 years.

According to the National Institute of Geography and Statistics (INEGI), the [life expectancy](#) in Mexico is of 73 years for women and 76 years for men. However, Arturo Perea Martínez, member of the International Pediatrics Association said that [obese children](#) can develop early diabetes by the time they turn 30 and, depending on whether they take care of themselves or not, reduce their life expectancy.

According to generational studies performed in the medical environment, the individual that suffers from overweight or obesity will live 10 years less than its predecessors.

"Children with obesity have an excess of [adipose tissue](#), which secretes a series of toxic substances that degenerate the organism and, in time, cause the development of chronic diseases at an early age" the pediatrician said.

This decline in life expectancy depends on several factors: according to diverse studies executed in the late 80's and early 90's, the genetic factor influences between 40 and 70 per cent of all cases which, conjoined with a bad life style, favor obese or diabetes in the youngsters.

The specialist said that in Mexico one of every three children is overweight or has obesity.

In turn, Maricarmen Oses mentioned that this generation is the most affected by the [obesity problem](#) because it was gestated in the 80's when the boom of eating disorder started with the offer of junk food and the enlargement of food portions, besides de greater sedentary and stressful lifestyle.

The nutritionist highlighted that 25 percent of obese children suffer hypertension, 22 percent have fatty liver and between 4 and 6 per cent have diabetes. This is why she insisted in the necessity of a balanced nutrition and daily exercise encouraged by the parents.

Finally, she added that taking account the reality of Mexico regarding a [sedentary lifestyle](#) and bad feeding habits, the intervention of health professionals to guide the population in their diets is highly important.

Provided by Investigación y Desarrollo

Citation: Life expectancy lowered by ten years in obese children (2013, November 21) retrieved 25 April 2024 from <https://medicalxpress.com/news/2013-11-life-lowered-ten-years-obese.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.