

BMI thresholds predict metabolic syndrome in teens

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(HealthDay)—The U.S. Centers for Disease Control and Prevention and FITNESSGRAM (FGram) body mass index (BMI) thresholds are predictive of metabolic syndrome in U.S. adolescents, according to a study published online Jan. 27 in *Pediatrics*.

Kelly R. Laurson, Ph.D., from Illinois State University in Normal, and colleagues analyzed data from 3,385 adolescents participating in the National Health and Nutrition Examination Survey who were measured for anthropometric variables and [metabolic risk factors](#). Weight status was categorized using CDC and FGram thresholds.

The researchers found that the prevalence of [metabolic syndrome](#) was

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