

Many seemingly healthy children show signs of metabolic problems

October 17 2018



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More than a quarter of otherwise healthy six-year-old children may have metabolic risk factors that put them at increased risk for cardiovascular disease, according to results from an *Acta Paediatrica* study.

Among 212 children in the study, 26 percent showed abnormal metabolic profiles, including insulin resistance, a sign of type 2 diabetes.

Insulin resistance was present in 28 percent of those with overweight or [obesity](#) and 5 percent of those with normal weight.

Waist circumference was a stronger marker for metabolic alterations than [body mass index](#).

"The study that included otherwise healthy full-term [children](#) shows that metabolic alterations within the scope of the metabolic syndrome, mostly due to overweight and obesity, are present already in preschoolers. Based on these findings, there is a need to optimize more effective prevention and intervention modalities before obesity is established," said lead author Dr. Emma Kjellberg, of Queen Silvia Children's Hospital, in Sweden.

More information: *Acta Paediatrica* (2018). [DOI: 10.1111/apa.14599](https://doi.org/10.1111/apa.14599)

Provided by Wiley

Citation: Many seemingly healthy children show signs of metabolic problems (2018, October 17) retrieved 6 May 2024 from <https://medicalxpress.com/news/2018-10-seemingly-healthy-children-metabolic-problems.html>

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