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## Prevalence of metabolic syndrome in children and adolescents

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**Objective:** Obesity is a risk factor for several metabolic complications. Impaired blood glucose regulation and metabolic syndrome are the most frequent of these complications. The aim was to investigate the impact of utilising different criteria on the prevalence of metabolic.

**Methods:** 143 obese children and adolescents aged between 8-17 recruited in the study. Metabolic syndrome was defined using International Diabetes Foundation (IDF) and World Health Organisation (WHO) definitions.

**Results:** In obese patient, 68 (47.6%) were male with a mean age of  $12.22 \pm 2.34$ , 75 (52.4%) were female with a mean age of  $12.59 \pm 2.45$ . 112 (78.3%) of all patients were pubertal. Using WHO criteria, 80 (55.9 %) were newly diagnosed metabolic syndrome. Using IDF criteria, metabolic syndrome was present in 65 (45.5%) patient.

**Conclusion:** The prevalence of metabolic syndrome, and diabetes in children and adolescent is increasing. In our study, we have noted a higher prevalence of metabolic syndrome with WHO criteria.

### Biography

Mehmet Emre Atabek has completed his PhD from Selcuk University, Turkey and Post-doctoral studies from Selcuk University School of Medicine and Erciyes University School of Medicine. He is the Director of Pediatric Endocrinology Department in Necmettin Erbakan University School of Medicine, Konya, Turkey. He has published more than 140 papers in international journals and most of them were indexed in SCI/SCI-Expanded list. He has performed intensive studies on obesity and he is a specialist in this field.

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