

Is there an Association between Cardiometabolic Risk and Severity of Obesity in Children and Young Adults?

Leonardo Roever*

Department of Clinical Research, Federal University of Uberlândia, Brazil

*Corresponding author: Leonardo Roever, Department of Clinical Research, Federal University of Uberlândia, Av. Pará, 1720 - Bairro Umarama, Uberlândia - MG - CEP 38400-902, Brazil, Tel: +553488039878; E-mail: leonardoroever@hotmail.com

Rec date: Oct 07, 2015, Acc date: Oct 09, 2015, Pub date: Oct 12, 2015

Copyright: © 2015 Roever L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Introduction

Obesity is a global epidemic and it is associated with numerous comorbidities such as metabolic syndrome, dyslipidemia, glucose intolerance, diabetes, hypertension, certain cancers, and sleep apnea/sleep-disordered breathing and cardiovascular diseases [1-6].

Skinner et al. performed a cross-sectional analysis from overweight or obese children and young adults (3 to 19 years) to assess the prevalence of multiple cardiometabolic risk factors according to the severity of obesity. It was found that 8579 children and young adults with a body mass index in the 85th percentile or higher, 6.9% were overweight, 36.4% had class I obesity, 11.9% had class II obesity, and 4.8% had class III obesity. Cardiometabolic variables were higher with more severe obesity in both sexes, and the values were higher in male participants; for HDL cholesterol, the mean values were lower with more severe obesity. Multivariate models demonstrated that the greater the degree of obesity, the greater the risk of a low level of HDL cholesterol, high systolic and diastolic blood pressure, and high triglycerides and glycated hemoglobin levels [7].

Severe obesity was associated with an increased prevalence of cardiometabolic risk factors, particularly in males.

References

1. Roever L, Resende ES, Diniz AL, Penha-Silva N, Veloso FC, et al. (2015) Ectopic adiposopathy and association with cardiovascular disease risk factors: The Uberlândia Heart Study. *Int J Cardiol* 190: 140-142.
2. Roever L, Veloso FC, Resende ES (2015) Visceral Fat, Atherosclerosis and Coronary Artery Disease. *Intern Med* 5: 188.
3. Roever L, Resende ES (2015) Coronary Microvascular Dysfunction. *Int J Cardiovasc Sci* 28: 152-159.
4. Roever L, Quan SF (2015) Prevalence of Sleep Disordered Breathing Symptoms and Risk Factors for Chronic Diseases: Are There Differences in Countries of High and Low Income? *Sleep* 38: 1349-1350.
5. Roever L, Resende ES (2015) The Cutoff Values of Epicardial Fat in Metabolic Syndrome, Cardiovascular Risk Factors, Coronary and Carotid Stenosis. *J Metabolic Syndr* 4: e116.
6. Roever L, Resende ES, Veloso FC, Diniz AL, Penha-Silva N, et al. (2015) Perirenal Fat and Association with Metabolic Risk Factors: The Uberlândia Heart Study. *Medicine (Baltimore)* 94: e1105.
7. Skinner AC, Perrin EM, Moss LA, Skelton JA (2015) Cardiometabolic Risks and Severity of Obesity in Children and Young Adults. *N Engl J Med* 373: 1307-1317.