



1 Out Of 4 Obese School-aged Children Suffers Metabolic Syndrome

One out of every four obese school-aged children (6 to 12 years old) develops an illness typically associated with adults that are nearly 40 years old, **metabolic syndrome**, due to one clear reason: child obesity.

It has been revealed in a study carried out by the department chair of the Institute of Food Nutrition and Technology of the University of Granada, Ángel Gil Hernández, who warns that this syndrome provokes arterial hypertension in children, insulin resistance, and, in the long term, type two diabetes, an illness associated with numerous cardiovascular pathologies and whose treatment will mean an elevated cost for the Spanish Health Service in the future.

According to the expert, child obesity affects nowadays 17% of Spanish children, who suffer clinical consequences (hypertension) and biochemical consequences (a high level of triglycerides in plasma) because of it. The appearance of cardiovascular illnesses associated with obesity and diabetes will mean a grave problem in only a few years, postulates Gil Hernández.

A pandemic of the 21st century

The "ill-fated combination" of inadequate nutrient intake and a sedentary lifestyle, or cases of physical inactivity, can be found among the causes of child obesity ("one of the pandemics of the 21st century"). "Contrary to what most parents believe", affirms the university chair, "physical exercise is the key to combat obesity, child or adult: we could say that, along with the genetic predisposition, 70% of our figures are owed to exercise and only the remaining 30% correspond to diet". Gil Hernández recalls a Spanish saying that asserts that the secret of a good diet is "a little food and lots of foot".

According to the estimations of the study group directed by the University chair, if present day pattern continues, the cases of **type-two diabetes** in child population will have quadrupled by 2020. Ángel Gil Hernández is the UGR Professor with more articles published in nutrition journals with a high-impact rate. Among other scientific journals, his papers have been published in Clinical Science, British Journal of Nutrition, and International Journal of Obesity.-Universidad de Granada

Submitted by harminka on Thu, 2008-06-12 13:33.

Liberty Symptom Control

Need Insulin to Keep Your Sugar Level Under Control? Call Liberty.
libertymedical.com

Obesity Guide

Looking to find obesity? See our comprehensive guide.
Briefcounseling.Com

6 Best Weight Loss Pills

Find the right weight loss pill for you. Top 6 diet Pills Reviewed.
www.DietPillReviewCenter.com

Obesity Guide

Looking to find obesity? See our comprehensive guide.
Oneworldhealth.Org

Information on Obesity

Go to The New York Times for the most up-to-date health news
www.nytimes.com

Diabetes Webinar Series

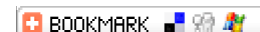
Learn about latest developments For doctors and R&D professionals.
www.sndtm.com/webinar.html

ADVANCE official website

The largest trial ever performed on type 2 diabetes
www.advance-trial.com

5 Tips to Lose Belly Fat

Stop making these 5 mistakes & you will finally lose your belly fat
www.BellyFatsUgly.net



Similar Stories

[Cohesive Definition Of Metabolic Syndrome In Children](#)

[REM Sleep Associated With Overweight In Children And Adolescents](#)

[Childhood Obesity Fueled By Marketing Tactics](#)

[Not Enough Physical Activity May Lead To Childhood Obesity](#)

[Obesity Can Predict Upper Airway Obstruction Amongst Children](#)

Todays Top Stories

[The iPhone 3G Showing Up On EBay](#)

[Erin Callan, Joe Gregory Demoted From Lehman Top Positions](#)

[Tornado Hits Western Iowa Boy Scout Camp, Killing 4](#)

[McCain, Obama Clash Over Iraq In US Presidential Campaign](#)

[Spine Surgery Adopting Minimally Invasive Treatments](#)

[Earliest Known Christian Church May Have Been Found](#)

[Sussie Essman In Million Dollar Password](#)

[Barack Obama Sets To Fight The Smears](#)

[Starbucks, AT&T Reach Settlement With T-Mobile](#)

[Judge: Promo CD Sales Don't Infringe On Copyrights](#)

[US Open For Play, Justin Hicks Good Start](#)

[New Version Of MSN Toolbar Released](#)

[Honey I Outsourced The Kids](#)

[Opera Redefines Web Browsing Yet Again](#)

☐ Web ☒ Huliq

ADS BY GLAM



The iPhone 3G Showing Up On EBay

There are tons of iPhone 3G's listed on ebay. They are being offered as presales to ship on July 11. I don't know what these sellers and bidders are