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1 in 4 obese kids get metabolic syndrome

[Posted: Thu 12/06/2008 by Deborah Condon]

One in every four obese children develops a syndrome that is normally associated with middle-aged adults, a new study has shown.

According to the findings, children who are aged between six and 12 and who are obese are four times more likely to develop metabolic syndrome.

Metabolic syndrome refers to a group of conditions including obesity, high blood pressure, abnormal cholesterol levels and resistance to insulin – which combine to increase your risk of heart disease, stroke and diabetes.

The researchers, who are based at the University of Granada in Spain, found that the main reason for this was the children's weight.

They said that the 'ill-fated combination' of inadequate nutrient intake and a sedentary lifestyle are among the main causes of childhood obesity, which they refer to as 'one of the pandemics of the 21st century'.

"Contrary to what most parents believe, 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," the researchers said.

They added that people should bear in mind an old Spanish saying that states the secret to a good diet 'is a little food and a lot of foot'.



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