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## Metabolic Syndrome and Childhood Obesity **Vivekan D\***

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### Short Note

The definition of obesity has changed over time, it is defined primarily as excess body fat; According to the World Health Organization (WHO), the prevalence of obesity in adolescents is defined according to the growth reference for children and adolescents of school age (obesity is equal to two standard deviations of the body mass index. The metabolic syndrome could be defined as a set of physiological, biochemical, clinical and metabolic factors in the same individual, which directly increase the risk of presenting atherosclerosis and developing insulin resistance, which over time can generate hypertriglyceridemia, type diabetes mellitus 2 and mortality from all these causes. Like obesity, the likelihood of metabolic syndrome continuing into adulthood is very high. Although the pathogenesis of the metabolic syndrome has not been fully understood, the connection between obesity, insulin resistance, and inflammation are key to its Novel options of the look embrace the tablet-based toolkit approach that has sturdy relevance to a spread of kid psychological state interventions and also the use of a hybrid kind one effectiveness-implementation trial that enables for the coinciding investigation of the effectiveness of the intervention and also the implementation context. Despite the multiple investigations on this gene, the mechanisms by which they are related to childhood obesity have not been elucidated, however,

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very interesting contributions have been made such as the study of the implications of brain variants in the development of this pathology Finally, highlighting that in children there are weight variations marked by the growth and hormonal development process, early intervention in the face of the risk of suffering from obesity or presenting factors that allow the development of metabolic syndrome, can result in an improvement of the metabolic phenotype, being the pillars of intervention for its prevention dietary modifications, physical activity.