

## Presentation Abstract Submission

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<b>Research Title</b>	Cardiometabolic risks and severity of nutritional status in school children and adolescents in United Arab Emirates

### Abstract:

Background and study objectives: According to the WHO estimates, non-communicable diseases (NCDs) account for 70% of premature mortality among adults in UAE. Seventy per cents of cardiometabolic and other risk factors NCDs develop during childhood and adolescence. This aimed to identify the burden of cardiometabolic risk factors among overweight and obese as compared to their counter counterparts with a normal body mass index (BMI, kg/m<sup>2</sup>). Methods: We performed a cross-sectional analysis of data collected from a random sample (n=1420) of school children and adolescents from from 111 Public and private schools in Al Ain UAE. We measured height and weight, and BIM categories less then 85th, at the 85th to 94th and 95th percentile or higher (according to the Centers for Disease Control and Prevention growth charts), to classify normal, overweight, and obese, respectively. We We used standard definitions of abnormal values for total cholesterol, high-density lipoprotein (HDL) cholesterol, triglycerides, blood pressure, and fasting plasm glucose levels. Abdominal obesity was defined as (age- and gender-specific waist circumference of 90th percentile or greater. Results: The prevalence of metabolic syndrome increased with increased with increase in BMI categories in school children aged 6 to 11 years, from 4.5% in normal, 16.7% in overweight, and 30% in obese. Among adolescent aged 12 to 18 years the prevalence of metabolic syndrome was 4.9% in normal, 14.5% among overweight and 42.2% among obese. Conclusions: Overweight and obesity was associated with a significant increase in the prevalence of cardiometabolic risk factors in elementary school children and adolescents, after controlling for age and gender.