

Childhood Obesity and NCDs

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Obesity is one of the leading health problems faced by children all over the world. Adiposity plays the key role in determining metabolic derangements leading to development of Non Communicable Diseases (NCDs). Most of these metabolic derangements are seen in younger age group. Although many Sri Lankan children are euglycaemic they show significant insulin resistance. Dyslipidaemia, hypertension and steatohepatitis are the key metabolic derangements. More than a fifth of obese children suffer from metabolic syndrome. Another fifth has evidence of steatosis with inflammation. Those who were born small but are obese as children had the highest risk of developing insulin resistance. Due to hyperplasia of adipose tissue during childhood, it persists into adulthood increasing the risk of adult obesity, thus carrying most of the metabolic derangements into adulthood as well.