

Prevalence of Pediatrics Metabolic Syndrome (PMS) Amongst Children in the Age Group of 6–18 Years Belonging to High Income Group Residing in National Capital Territory (NCT) of Delhi

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Sir,

We would like to share findings on prevalence of pediatrics metabolic syndrome (PMS) amongst children in the age group of 6–18 yrs belonging to high income group residing in national capital territory (NCT) of Delhi with the readers of the Indian Journal of Pediatrics.

The studies conducted in developed countries have reported the overall prevalence of PMS as 6.4%, 3.1%, 12.7% utilizing the criteria of hypertension, impaired fasting glucose, Hypertriglyceridemia, abnormal high density lipoprotein (HDL) and central obesity as measured by waist circumference [1–3].

Here it is reported here the prevalence of PMS in 1,331 children belonging to high income group. This data is a part of a larger study published earlier [4].

The children were selected by population proportion to size (PPS) sampling methodology from a list of all public schools with the fees of Rs. 1,000 and above per month in NCT of Delhi. The measurement of blood pressure, serum triglyceride, serum HDL, fasting blood glucose levels and waist circumference was conducted by utilizing the standard methods [5].

The authors considered the presence of PMS when three or more of following risk factors were present in a child. The cut-off for presence risk factors were hypertension (systolic or diastolic blood pressure \geq 95th percentile for age and sex) [6], impaired fasting glucose (fasting blood

glucose level of 100 mg/dl and more), hypertriglyceridemia (150 mg/dl and more), abnormal HDL (<40 mg/dl), and central obesity as measured by waist circumference (\geq 90th percentile for age and sex) [7].

The authors have found the prevalence of PMS as 6.5% (males 6.9% and females 5.9%). The PMS is known to a pre-cursor of adult metabolic syndrome in a population. The findings of the present study indicate that PMS is significant but hidden public health problem, which requires urgent attention of the programme managers and administrators in the health sector.

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