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Metabolic syndrome: The deadly fashion of today

Ahdy W Helmy

Indiana University, USA

Metabolic syndrome is the disease of urbanization, sedentary life style and obesity has been, slowly but surely, increasing significantly among children, youth and adults, posing a current problem & a future crisis of monumental significance. The consequences this disease pose on the development of diabetes, Hypertension, cardiovascular disease, NAFLD is significant. My talk is targeted to primary care providers, explaining the link between the clustering of those diverse characteristics that collectively formulate the metabolic syndrome, or syndrome X as Dr. Raven initially termed. My goal to help primary care providers to identify metabolic syndrome, explain the interaction between it's components, identify the common denominator, and approach it heads on to modify, manage and prevent the inevitable, if left unaddressed, I plan to simply and easily explain what goes wrong so that patients acn also understand and be on board. In the USA alone there is an estimated 80 millions with Metabolic syndrome, with it's prevalence around 9 % among 8th grade children. My guess that the prevalence is as serious in Dubai and the Middle east as well as world wide.

ahelmy@iu.edu

Childhood obesity surveillance initiative-COSI study. Trends in Portugal and in other WHO European countries

Ana Rito

National Institute of Health, Portugal

Childhood Obesity Surveillance Initiative (COSI)/WHO Europe has been established to monitor changes in overweight in primary-school children. Portugal and other European countries have participated in 3 rounds, since 2008. Here it is presented the nutritional status of Portuguese children and other from 12 countries: Belgium, Czech Republic, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Norway, Slovenia, Spain and the former Yugoslav Republic of Macedonia, from school years 2009/2010 (round 2). It is also explored changes in overweight among children between rounds 1 and 2 of the COSI study, using cross-sectional nationally representative samples of 6-9-year-olds. In Portugal, 3765 children were enrolled from 181 primary schools in 2008 and 4020 children from 172 schools in 2010. At Round 1 and 2, the prevalence of overweight (including obesity; WHO definitions) was higher in Southern European countries: Portugal (36.2% girls 7y), Italy (44.8% boys 8y), Greece (48.9% boys 7y) and Spain (44.6% boys 7y). Between rounds, the highest significant decrease in overweight prevalence was observed in Italy, Portugal and Slovenia and the highest significant increase in Latvia and Norway. Overall prevalence of overweight varied significantly among countries, with a decreased in Southern Europe, suggesting that active implementation of policies or interventions to counteract overweight and obesity have been triggered more by the countries with higher values.

ana.i.rito@gmail.com