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Sarcopenic obesity in childhood a growing problem

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Childhood obesity is a condition with an exponential growth in the world population, to the point of being considered a public health problem. The modern lifestyle, the excessive consumption of ultra-processed foods, added to the global trend towards a sedentary lifestyle, are factors directly related to this condition, which in turn adds to low protein intakes that in the context of physical inactivity generates poor muscle mass, hence the importance of describing and understanding the component of sarcopenia in childhood, a condition that until now has been described to a greater extent in adult patients.

Some authors such as Steffl, M. et al and collaborators in 2017 proposed to measure it from hand grip, forearm strength and the risk of infantile sarcopenia; given the above, the objective of this review is to search the literature and describe sarcopenic obesity in childhood, risk factors for suffering from it, how to measure it and possible approaches to it.

Conclusion: Loss of skeletal muscle mass is an important component in childhood malnutrition and has been shown to have a negative impact on growth, neurocognitive development and overall quality of life. Taking into account that malnutrition is the imbalance between nutritional requirements and food intake that is highly prevalent in populations with chronic diseases, sarcopenia can be associated as a triggered component of it. Although they are two different clinical conditions, both bring alterations related to the depletion of lean muscle mass effects which decrease quality of life.

Biography

Harold Arevalo MD Sports Medicine and Rehab is Consultant in lifestyle medicine. He is past president of the sports medicine association of Colombia. He is a professor of the postgraduate degree in sports medicine at the University El Bosque. He is a scientific coordinator of TAU biomechanics laboratory, Orlando Fl. Developer of attention model in rehabilitation in RehabNow, USA.

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