

**CARDIOVASCULAR RISK FACTORS IN ADOLESCENTS: THE GROWING BURDEN  
OF METABOLIC SYNDROME**

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**Abstract:** The incidence of metabolic syndrome among adolescents is increasing, raising cardiovascular risks at an early age.

**Keywords:** metabolic syndrome, adolescents, obesity, hypertension, cardiovascular risk

**Introduction**

Unhealthy diet and sedentary lifestyle are accelerating metabolic syndrome in youth, leading to early atherosclerosis.

**Methods**

Cross-sectional study of 1,200 adolescents (ages 12–18) in UK, 2023.

**Results**

- 25% showed  $\geq 3$  metabolic syndrome criteria.
- Obesity (30%), hypertension (15%), and dyslipidemia (18%) were most common.
- Family history significantly increased risk.

**Discussion**

Preventive interventions targeting diet, exercise, and awareness are urgent to reduce early CVD risk.

**Conclusion**

Public health strategies focusing on youth are crucial to reducing future cardiovascular disease burden.

**References**

1. WHO. Adolescent health statistics. 2023.
2. Ford ES, et al. Metabolic syndrome prevalence. JAMA, 2020.