

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

Baili Tianlai

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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 ≥ 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

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