

**Diet, lifestyle are culprits**

# Obe-city: 13% Delhi kids at risk

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LACK OF enough physical activity and unhealthy food habits are causing serious health problems for Delhi children. About 13 per cent of the children are at risk of heart disease and diabetes in adulthood, and obesity is only making it worse.

By the time the children turn 30, seven per cent of them would have major health problems.

These are the shocking figures compiled by the Women and Child Development ministry from various recent studies for a national workshop on obesity in children and adolescents on Thursday. The ministry says the reasons for the poor state of health of children in urban India, including Delhi, were changes in life styles, reduced physical activity and unhealthy dietary habits.

Quoting a 2007 study of the Diabetes Foundation of India, the ministry's background paper on child obesity estimates that 28 per cent of Delhi's children in the 14-18 age group are overweight or obese, which is much higher than most other cities.

The ministry said the most alarming finding was discovery of C-reactive protein in 13 per cent of Delhi schoolchildren, an inflammation marker used to predict future risk of heart disease. Delhi's children are being also hit by type 2 diabetes, usually found in adults.

## SHOCKING FIGURES



- Increasing prevalence of obesity and poor physical activity is precipitating type 2 diabetes at younger ages, the ministry says.
- The World Health Organization has estimated that India will have the most number of diabetics in the world by 2025.