

# World Diabetes Day

41 million children under the age of 5 are overweight / obese.

340 million children and adolescents aged between 5 and 19 are overweight or obese

Don't forget, a child has a 2-to-6-fold increased risk of type 2 diabetes mellitus (T2DM) if a parent or sibling has diabetes.

Growing into adults, obese children are likely to stay obese.

Obese children have a higher risk of developing non-communicable diseases at a younger age.

It is the excess visceral fat (fat around the organs) that is the most important risk factor for T2DM and T2DM is the biggest risk factor for cardiovascular disease, metabolic syndrome, insulin resistance and cancer.

Lifestyle changes like healthy eating and exercise can reduce the risk of these non-communicable diseases.

Obesity, T2DM and T2DM associated health complications are preventable.



## THE CHALLENGE - VISCERAL FAT

Visceral obesity / excess visceral adipose tissue is a major risk factor for T2DM and insulin resistance.

- Traditional obesity tests (waist circumference & BMI) cannot distinguish between visceral fat and subcutaneous fat (fat that sits beneath the skin).

## THE SOLUTION - ADIPONECTIN

- Adiponectin is a reliable indicator of visceral obesity.
- Adiponectin is an anti-diabetic protector by suppressing the production of glucose in the liver.
- Low adiponectin levels are associated with a 3-fold increased risk of insulin resistance and subsequently T2DM.
- Low adiponectin levels 6 years prior to pregnancy is associated with a 5-fold increased risk of gestational diabetes mellitus.
- Adiponectin is a superior marker of visceral obesity and T2DM risk.

