

# Cardiometabolic risk, HOMA-IR up with increasing BMI in young

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"As BMI categories rose so did [cardiometabolic risk](#) and HOMA-IR, which highlights the need for obesity prevention/treatment programs in childhood," the authors write.

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(HealthDay)—Cardiometabolic risk and homeostatic model assessment (HOMA) of insulin resistance (IR) increase with increasing body mass index (BMI) categories among children, and cardiorespiratory fitness (CRF) may attenuate the risk, according to a study published online Sept. 14 in *Diabetes Care*.

Christine Delisle Nyström, from the Karolinska Institutet in Stockholm, and colleagues conducted a pooled study involving cross-sectional data from three projects, with 1,247 children aged 8 to 11 years. The authors used the sum of the sex- and age-specific z scores for triglycerides, high-density lipoprotein (HDL) cholesterol, glucose, and the average of systolic and [diastolic blood pressure](#), and HOMA-IR to assess cardiometabolic risk.

The researchers identified a significant linear association between the [risk score](#) and BMI categories (P trend ? 0.001), with a 0.5 standard deviation higher risk score for every incremental rise in BMI category (P

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