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Pediatric Obesity: Observed Impact in the Ambulatory Surgery Setting

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Abstract

More obese children are presenting for surgery, reflecting an increase in comorbidities requiring surgery or an increased prevalence in the community.

The objectives of this study were to determine the prevalence of obesity in our pediatric surgery patient population, detect ethnic disparities amongst this cohort of obese patients and also to determine any increase in pediatric obesity related comorbidities requiring surgery. Day surgery patients between ages 3 and 17 years were prospectively studied over a 3-month period. The proportion of obese children, demographics, and surgical procedures were determined.

Of the 1559 patients analyzed, 312 (20%) were obese. Close to half of this subset of children were of Hispanic descent. Adenotonsillectomy was the most common surgery; however, the case distribution of this cohort was similar to our operating room database. Prevalence of pediatric obesity in our day surgery patients therefore reflects that of the community and has not resulted in an increase in related comorbidities requiring surgery. Longitudinal studies to assess the incidence of pediatric obesity related complications will be beneficial.

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Keywords

children/adolescents; obesity; body mass index; race/ethnicity

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