

Prevalence of Fatty liver in Children

Obesity in Childhood and adolescence has become a global epidemic. Prevalence of obesity in the Indian city children is about 25-30%. The prevalence of fatty liver in these obese children is high. More importantly, adults who have had the onset of fatty liver in childhood are at a much higher risk for fatty liver disease. There are reports of Fatty liver in obese children as young as two years and fatty liver disease in obese children as young as eight years. Children who have clinical features of Metabolic syndrome (see below) are at high risk for fatty liver disease. Screening for fatty liver is helpful in obese children who have high blood pressure and dyslipidemia. If the fatty liver gets detected on ultrasound screening, these children require aggressive food and lifestyle management to reverse obesity and metabolic syndrome. That will prevent future liver disease as well as heart disease, Type2 diabetes, and other associated medical conditions.