

Review of: "Obesity, Dyslipidemia and other Risks Factors for Metabolic Syndrome among Indigenous Black African Secondary School Students in Lagos, Nigeria"

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Potential competing interests: No potential competing interests to declare.

In this study, the authors employed a multi-stage sampling method to enroll 624 students. They measured fasting blood glucose and lipid profiles to assess the prevalence of dyslipidemia and Metabolic Syndrome (MetS) among secondary school children in Lagos, Nigeria. The study reveals a noteworthy trend: a rise in cardiovascular risk factors among the younger generation in certain black African population in Africa. These risk factors, which have been common in industrialized regions, were previously uncommon in Africa. These findings underscore the importance of paying closer attention to diet and lifestyle changes resulting from westernization in certain areas of Africa.

Here are some questions:

Question 1: This is a descriptive epidemiological study with a sample size of 624 students aged 10-19. The study's main limitation is its relatively small sample size, which may restrict its ability to fully uncover the deteriorating metabolic conditions in this population.

Question 2: In the "Measurements" section of the methods, the authors mentioned collecting data on dietary and food consumption patterns, clinical features, physical activity levels, and parental medication intake using face-to-face interviews. However, the authors did not explore the associations between these risk factors and worsening lipid profiles. Conducting such an explanatory analysis would enhance the study by establishing a stronger link between westernized dietary habits and adverse metabolic profiles.