

# Excess weight during pre-school linked to higher bone fracture risk

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Pre-school children who are overweight or obese have a higher risk of bone fractures during childhood than normal weight pre-schoolers, according to a study published in the *Journal of Bone and Mineral Research*.

The study included 466,997 children with weight and height measurements at age 4 years who were followed for a median of 4.9 years.

Fractures occurred in 9.20% of underweight, 10.06% of [normal weight](#), 11.28% of overweight, and 13.05% of [obese children](#). Compared with normal [weight](#), overweight and obesity were linked with 42% and 74% higher risks of lower limb fractures, respectively, and a 10% and 19% higher risk of upper limb fractures, respectively.

"In a cohort of almost half a million children from Catalonia, Spain, we have found a strong association between pre-school overweight/obesity and the risk of fracture during childhood. More research is needed to further understand the mechanisms underlying this correlation" said senior author Daniel Prieto-Alhambra, Ph.D., of the University of Oxford, in the UK.

**More information:** Jennifer CE Lane et al, Preschool Obesity Is Associated With an Increased Risk of Childhood Fracture: A Longitudinal Cohort Study of 466,997 Children and Up to 11 Years of Follow-up in Catalonia, Spain, *Journal of Bone and Mineral Research* (2020). [DOI: 10.1002/jbmr.3984](https://doi.org/10.1002/jbmr.3984)

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