

Role of Household Disinfectants in Childhood Obesity

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Why do some children suffer from obesity? Over-eating could be one of the causes, but did you know that household cleaning material could also contribute to childhood obesity? According to a study published in the *Canadian Medical Association Journal*, commonly used household cleaning products have a role to play in people becoming overweight. On analyzing the gut flora of 757 infants from the general population of age 3–4 months and weight at ages 1 and 3 years, researchers observed higher counts of certain microorganisms. Households that used disinfectants such as multi-surface cleaners, had infants with lower levels of *Haemophilus* and *Clostridium* bacteria but higher levels of *Lachnospiraceae* in the gut microflora. In fact, infants in the age group 3–4 exhibited a higher growth of *Lachnospiraceae* and an even higher body mass index (BMI). Researchers have not been able to associate higher counts for certain types of bacteria with an increased BMI. If an accurate correlation gets established, then we will

have yet another cause of childhood obesity known and perhaps a novel cure very soon after that!

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