



Childhood Obesity

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ABSTRACT

Obesity in childhood and adolescence is common and is associated with significant psychological and medical morbidity. Effective management of obesity in this age group has a family focused approach, especially with preadolescent patients. It helps families and young people make healthier food choices and provide ongoing support. The success of treatment is defined in a variety of non-weight-related and weight-related ways. There is little information available to guide the use of drugs in managing pediatric obesity, although clinical trials are currently underway.

Keywords: Overweight, Physical Activity, Diet.
