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## **Childhood Obesity**

**Suresh Chennupati<sup>1\*</sup>, G. Vidyasagar<sup>2</sup>, Sushma.B<sup>1</sup>**

<sup>1</sup> St.Mary's College of Pharmacy, Surampalem

<sup>2</sup> Veerayatan Institute of Pharmacy, Kutch, Gujarat

E-mail: [sureshchennupati@rediffmail.com](mailto:sureshchennupati@rediffmail.com)

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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.

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