

IAP - IJPP CME 2025

MANAGEMENT OF CHILDHOOD OBESITY***Dhivyalakshmi J**

Abstract: *Childhood obesity is a chronic, multi-faceted disease driven by a complex interplay of genetic, environmental and socio-economic factors. This review highlights the rising global prevalence and the socio-economic impact associated with childhood obesity. Diagnosis of childhood obesity requires use of accurate anthropometry and age / gender appropriate growth charts. Obesity triggers complications almost in every organ system, especially cardiovascular and metabolic health. Management necessitates a multi-disciplinary approach including lifestyle interventions, advanced pharmacotherapy like glucagon-like peptide-1 receptor agonists, and bariatric surgery for severe cases.*

Keywords: *Childhood obesity, Metabolic complications, Anti-obesity medications, Multidisciplinary management*

Points to Remember

- *Defining obesity requires context-specific measures using standard measurements and age, gender appropriate charts.*
- *The prevalence of childhood obesity continues to rise globally ; most concerning is under five obesity and the increasing prevalence of obesity among rural children.*
- *The etiology of childhood obesity is a complex, multifactorial web involving genetic, environmental, behavioral and socio-cultural influences.*
- *Obesity impacts nearly every organ system - proactive screening is required to identify complications / co-morbidities, endocrine and genetic evaluation is to be reserved only for selected cases.*
- *Management requires a multi-tiered approach - involving multi-disciplinary team focusing on lifestyle modification, with pharmacological, and sometimes surgical interventions when indicated.*
- *Prevention remains the most effective tool, focusing on the first 1,000 days of life and adherence to the “5-2-1-0” rule.*

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