



Defense Health Agency (DHA) Clinical Communities Speaker Series

APR 2023 CCSS: Targeted Interventions Focused on the Whole Health and Wellbeing of the Military Child

S01: Assessment and Treatment of Pediatric Obesity

Resource List

The [National Academies of Sciences, Engineering, and Medicine \(NASEM, 2023\)](#) organized a public workshop featuring two webinars that explore the current science on measures of body composition and body fat distribution. The content within each webinar focuses on the strengths and limitations of body mass index (BMI) as a measure of adiposity and health. Strategies for improving communication about these issues will be discussed along with preventive tactics to implement in primary care settings.

The [National Institutes of Health \(NIH, 2022\)](#) recognizes that childhood obesity is an increasingly serious problem in the United States. Under the National Heart, Lung, and Blood Institute, a factsheet entitled "Overweight and Obesity: Childhood Obesity" outlines the fact that obesity affects children from different backgrounds differently. Information contained on this webpage offers prevention strategies and a challenge for parents to address their child's weight by making lifestyle changes for the whole family.

Adolescent obesity has increased over the last 50 years. Obesity in pediatric patients is a serious condition and may adversely impact health by increasing the risk of many diseases, such as heart disease. Therefore, lifestyle modification is recommended as first-line therapy; however, when lifestyle intervention is unsuccessful in reaching weight loss goals, medication may be considered. The [U.S. Food and Drug Administration \(US FDA, 2022\)](#) has approved a supplemental indication for Qsymia (phentermine and topiramate extended-release capsules) for chronic weight management in pediatric patients aged 12 years and older who are obese, defined as a body mass index (BMI) of 95th percentile or greater when standardized for age and sex. Qsymia should be used as additional therapy to a reduced-calorie diet and increased physical activity.

[World Health Organization \(WHO, 2021\)](#) began an international campaign to respond to the obesity and overweight issues in children and adults. Review the various fact sheets found on its webpage to review the prevalence, double burden of malnutrition and reduction strategies that have been implemented across the globe since this campaign kicked off in 2016.



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References

National Academies of Sciences, Engineering and Medicine. (2023). Exploring the Science on Measures of Body Composition, Body Fat Distribution, and Obesity: A Workshop Series.

<https://www.nationalacademies.org/event/04-04-2023/bmi-and-beyond-considering-context-in-measuring-obesity-and-its-applications-a-first-workshop-in-the-series>

National Institute of Health. (2022). National Heart, Lung, and Blood Institute: Overweight and Obesity-Childhood Obesity.

<https://www.nhlbi.nih.gov/health/overweight-and-obesity/childhood-obesity>

U.S. Food and Drug Administration. (2022). FDA approves treatment for chronic weight management in pediatric patients aged 12 years and older. <https://www.fda.gov/drugs/news-events-human-drugs/fda-approves-treatment-chronic-weight-management-pediatric-patients-aged-12-years-and-older>

World Health Organization. (2021). Obesity and Overweight.

<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>