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Child Obesity and Anti-Obesity Medication

Background: Childhood obesity has become a rapidly increasing public health issue that is not receiving the awareness needed to combat this issue. Numerous factors contribute to childhood obesity such as dietary intake of sugary foods and drinks, portion size, activity levels, genetics, environmental factors, and psychological factors. To mitigate this epidemic youth and young adults need an understanding of how the body works, dietary intake and activity levels is crucial. The other contributing factors require a different approach such as anti-obesity medication. Medication is a possible option that will help tackle childhood obesity. One question is posed in this study. Are anti-obesity medications the most effective approach used to tackle childhood obesity?

Methods: The databases used to search for articles from 2020 to 2024 were PubMed and Google Scholar. The literature review was completed by conducting a systematic review of articles and review articles focusing on contributing factors to childhood obesity and the use of anti-obesity medication. Data collected from the questionnaire was also used in this study.

Results: Through the databases used, 300 articles were found based on the keywords and phrases used. Excluded were 294 articles and 6 articles were selected for inclusion. Responses from patients who are on anti-obesity medication.

Discussion: Overall, the results show that the combination of anti-obesity medication along with improvements in the other contributing factors revealed better weight loss results for youth and young adults.

Keywords: Childhood obesity, anti-obesity medications, physical activity, lifestyle changes, environmental factors, nutrition, processed foods.