

Family-based treatments may help address obesity in children

July 7 2017

Researchers found that a family-based treatment for obesity in children—which included nutritional advice, exercise, and behavioral counseling—was effective.

The [treatment](#) lasted for about a year, but severely obese children or children who had significant metabolic disturbances remained in secondary care for a longer time. Participants' body mass index standard deviation scores (BMI-SDS) remained significantly lower than at the start of the study throughout a three-year follow-up period.

The study included 654 [children](#) aged 2-18 years who were treated for obesity in the pediatric units of three Finnish hospitals. Factors associated with a successful weight loss were young age and high BMI-SDS at baseline, good motivation for treatment, and adherence to the treatment protocol.

"Adolescence and acanthosis nigricans—a skin condition characterized by dark, velvety patches in body folds and creases—predicted a significantly worse outcome," said Dr. Marketta Dalla Valle, first author of the *Acta Paediatrica* study. "Targeted treatment programs for adolescents could lead to better results."

More information: *Acta Paediatrica* (2017). [DOI: 10.1111/apa.13953](https://doi.org/10.1111/apa.13953)

Provided by Wiley

Citation: Family-based treatments may help address obesity in children (2017, July 7) retrieved 5 May 2024 from <https://medicalxpress.com/news/2017-07-family-based-treatments-obesity-children.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.