

Study examines childhood weight and obesity in adolescence

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Excess weight at age 3 years was associated with a higher risk of being overweight or obese at age 15 years in a study of adolescents in Japan.

In the *Pediatric Obesity* study of 1,581 [mother-child pairs](#), pre-pregnancy overweight/obesity in mothers was also a strong predictor of overweight/obesity at age 15 years in children.

After adjustments, being overweight or obese at age 3 years was linked with a more than 4.2-times higher risk of overweight/obesity at age 15 years, and overweight/obesity in mothers was linked with a more than 2.4-times higher risk. Investigators did not find an association between [birth weight](#) and overweight/obesity during adolescence.

"Because [family members](#) often share a common lifestyle, interventions for parents and children may be necessary to prevent obesity in adolescents," said first author Satomi Yoshida, Ph.D., of Kyoto University.

More information: Satomi Yoshida et al, Association of maternal prepregnancy weight and early childhood weight with obesity in adolescence: A population-based longitudinal cohort study in Japan, *Pediatric Obesity* (2020). [DOI: 10.1111/ijpo.12597](https://doi.org/10.1111/ijpo.12597)

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