

# Treating obesity benefits children's mental health

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Treating obesity in children and adolescents improves self-esteem and body image, according to an analysis of all relevant studies published to date. The analysis, which is published in *Pediatric Obesity*, included 64

studies.

Losing weight appeared important for achieving improvements in [body image](#) but not [self-esteem](#).

"Our findings are encouraging as they show that pediatric obesity treatment can improve psychological as well as weight-related outcomes," said lead author Megan Gow, Ph.D., of the University of Sydney, in Australia.

**More information:** Megan L. Gow et al, Pediatric obesity treatment, self-esteem, and body image: A systematic review with meta-analysis, *Pediatric Obesity* (2020). [DOI: 10.1111/ijpo.12600](https://doi.org/10.1111/ijpo.12600)

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