

Very few children with obesity transition to a healthy weight, finds study

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More children with overweight move to a healthier weight over two

years than do children with obesity, according to a study published online Sept. 20 in *PLOS ONE*.

Byron A. Foster, M.D., from the Oregon Health & Science University in Portland, and colleagues examined weight trajectories for [school-aged children](#) with a focus on obesity remission. The analysis included 11,247 [children](#) (6 to 11 years of age) with three or more valid height and weight measurements from an Oregon hospital system during Jan. 1, 2015, through Sept. 30, 2020, followed for a median of 2.1 years.

The researchers found that 14.4 percent of children were classified as overweight and 16.0 percent as obese. During follow-up, 1 percent of participants with obesity experienced remission, while 23 percent of those with overweight moved to within a healthy weight range. Three classes (flat trajectory, flat trajectory with a different intercept, flat then upward trajectory) within each weight-based stratum were identified over time.

Most children with overweight or [obesity](#) had a flat trajectory over time. A worsening trajectory was associated with lower socioeconomic status. Models using different adiposity metrics ([body mass index](#) [BMI], BMI z-scores, tri-ponderal mass index) differed substantially from each other.

"Further weight trajectory modeling work using distance from the median with longer periods of follow-up and incorporating additional clinical indicators in addition to BMI to characterize metabolic health are warranted using these types of data," the authors write.

More information: Byron A. Foster et al, Weight trajectories and obesity remission among school-aged children, *PLOS ONE* (2023). [DOI: 10.1371/journal.pone.0290565](https://doi.org/10.1371/journal.pone.0290565)

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