

# Review finds almost 1 in 10 adolescents have used non-prescription weight loss products globally

January 10 2024

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Credit: Ketut Subiyanto from Pexels

Almost 1 in 10 adolescents globally have used ineffective and potentially harmful non prescribed weight loss products in their lifetime, with 2%

using them in the previous week.

A review, of over 90 studies of 600,000+ participants, headed by Natasha Hall from Monash University's School of Public Health and Preventive Medicine and published in the *JAMA Network Open* has found that adolescent use of non-prescription weight loss products is 5.5% overall, 2% in the past week; 4.4% in the past month, 6.2% in the past year and 8.9% in their lifetime.

The authors caution against the long term consequences of these ineffective treatments.

**More information:** Global Prevalence of Adolescent Use of Nonprescription Weight-Loss Products, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2023.50940](https://doi.org/10.1001/jamanetworkopen.2023.50940)

Provided by Monash University

Citation: Review finds almost 1 in 10 adolescents have used non-prescription weight loss products globally (2024, January 10) retrieved 28 April 2024 from <https://medicalxpress.com/news/2024-01-adolescents-prescription-weight-loss-products.html>

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