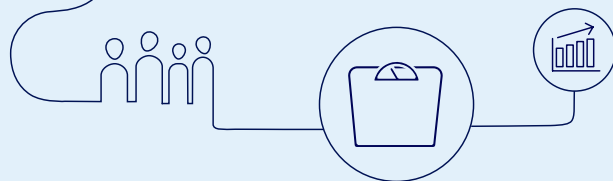


Teen Obesity in the U.S.

Obesity is a disease that for some may start in childhood and adolescence.¹

In the U.S., the prevalence of obesity among teens has become more common, putting them at risk for poor health.^{2,3}

Teen obesity and its impacts can be challenging to recognize. This creates a need for greater awareness and education.^{4,5}



1 out of 5 teens between the ages of 12 to 19 are living with obesity in the U.S.²



About **40 percent** of high school students and young adults experienced obesity or carried excess weight before graduating from elementary school.³



When both parents have excess weight, about **80 percent** of their children will have obesity.¹



Up to **90 percent** of adolescents with obesity will continue to live with obesity into adulthood.^{1,6}

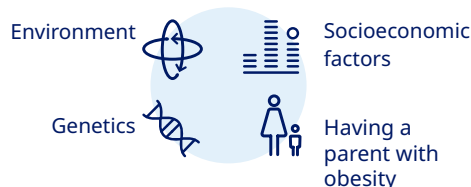
What is obesity?

Obesity is defined as abnormal or excessive fat accumulation that may impair health.⁷

Body mass index (BMI) is a screening tool used to determine weight status. For teens, BMI is compared with peers of the same age and gender in a metric called BMI-for-age.⁸

Contributing Factors

Several factors can contribute to obesity, including in teens, such as^{9,10}:



Teenage Obesity is Linked to Weight-Related Health Problems



High blood pressure



High cholesterol



Type 2 diabetes²

Teenage Obesity is Linked to Societal Stigma and Bias

Teens with obesity can face weight-related bias and stigma. Weight bias can occur in many areas of life, including¹¹:



At school



At home



At the doctor's office



In media

Current Management

Adolescence is a pivotal time when bodies are developing, making managing obesity critical.¹² Healthy eating, increased physical activity, and behavioral change may not be enough, so a weight-management plan is important. In some cases, pharmacotherapy or surgery may be considered, yet current options are limited.¹³

Factors when determining the treatment needs of teens with obesity can include¹³:



Severity of obesity



Psychosocial factors



Comorbidities



Age and pubertal status

References:

1. Lifshitz F. Obesity in children. *J Clin Res Ped Endo*. 2008;1(2):53-60. 2. Centers for Disease Control and Prevention. Childhood Obesity Facts. Last accessed: December 2022. Available at: <https://www.cdc.gov/obesity/data/childhood.html#print>. 3. Cunningham S, Hardy S, Jones M, et al. Changes in the Incidence of Childhood Obesity. *Pediatrics*. 2022;150(2):e2021053708. 4. He M, Evans A. Are parents aware that their children are overweight or obese? *Can Fam Physician*. 2007 Sep; 53(9): 1493-1499. 5. Woods T, Nies M. Examination of parental knowledge of child weight status and associated potential health risks. *J Educ Health Promot*. 2020;9:76. Published 2020 Mar 31. 6. Gordon-Larsen P, The NS, Adair LS. Longitudinal trends in obesity in the United States from adolescence to the third decade of life. *Obesity*. 2010;18(9):1801-1804. 7. World Health Organization. Obesity and Overweight Factsheet no. 311. Last accessed: December 2022. Available at: <http://www.who.int/mediacentre/factsheets/fs311/en/>. 8. Centers for Disease Control and Prevention. Defining Childhood Weight Status. Last accessed: December 2022. Available at: <https://www.cdc.gov/obesity/basics/childhood-defining.html#print>. 9. Centers for Disease Control and Prevention. Causes of obesity. Last accessed: December 2022. Available at: <https://www.cdc.gov/obesity/basics/causes.html>. 10. Lee JS, Jin MH, Lee HJ, et al. Global relationship between parent and child obesity: a systematic review and meta-analysis. *Clin Exp Pediatr*. 2022 Jan;65(1):35-46. 11. Pont SJ, Puhl R, Cook SR, et al. AAP Section on Obesity, The Obesity Society. Stigma Experienced by Children and Adolescents With Obesity. *Pediatrics*. 2017;140(6):e20173034. 12. Cardel M, Jastreboff A, Kelly A. Treatment of Adolescent Obesity in 2020. *JAMA*. 2019; 322:1707-1708. 13. Styne DM, Arslanian SA, Connor EL, et al. Pediatric Obesity-Assessment, Treatment, and Prevention: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*. 2017;102(3):709-757. doi:10.1210/clinem.2016-2573.

