

Abstract

Presenting Author & Affiliation:

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Title of Presentation

Obesity in children – what is the best management

1. Abstract of your presentation

Obesity in childhood and adolescence is not decreasing worldwide and remains the most serious nutritional problem in the modern society. Children with obesity are less likely than their peers to live a healthy life. The risk of children and adolescents carrying their obesity into adulthood is still substantial, contributing to individual suffering and high societal costs. This talk will cover the key characteristics of the most effective management approach based on the growing body of evidence from randomized controlled trials. Following components shared by successful approaches will be specifically described: multidisciplinary set up and the role of dietitians, high intensity delivery, and inclusion of behavioral management components. Other aspects of effective treatment approaches for different age groups will be also reviewed: type of treatment set up (i.e., individual or group based), practical support requested and utilized (food and/or physical activity/parenting), and finally ways to optimize involvement of family members in order to minimize dropout.

2. Please give two to three key references (published by you or others) which can be used to inform future work:

Colquitt JL, Loveman E, O'Malley C, Azevedo LB, Mead E, Al-Khudairy L et al. Diet, physical activity, and behavioural interventions for the treatment of overweight or obesity in preschool children up to the age of 6 years. *Cochrane Database Syst Rev.* 2016 Mar 10;3:CD012105.

Mead E, Brown T, Rees K, Azevedo LB, Whittaker V, Jones D et al. Diet, physical activity and behavioural interventions for the treatment of overweight or obese children from the age of 6 to 11 years. *Cochrane Database Syst Rev.* 2017 Jun 22;6:CD012651.

Shrewsbury VA, Burrows T, Ho M, Jensen M, Garnett SP, Stewart L, Gow ML, Ells LJ, Chai LK, Ashton L, Walker JL, Littlewood R, Coyle D, Nowicka P, Ashman A, Demaio A, Duncanson K, Collins C. Update of the best practice dietetic management of overweight and obese children and adolescents: a systematic review protocol. *JBI Database System Rev Implement Rep.* 2018 Jul;16(7):1495-1502

3. Please identify, where possible, up to three key messages that participants will take away from your presentation to inform their future practice.

1. Obesity management is most effective if started early.
2. The intensity of the treatment needs to be high.
3. Follow-up is necessary as obesity is a chronic disease.