

TREATMENT GUIDELINES FOR OBESITY IN CHILDREN

A Comprehensive, Family-Centered Approach for a Healthier Future



BMI CLASSIFICATION (CDC GROWTH CHART)

OVERWEIGHT	BMI 85th–94th percentile
OBESITY	BMI ≥95th percentile
SEVERE OBESITY	BMI ≥120% of the 95th percentile or BMI ≥35 kg/m ²

BMI FORMULA

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

1 HEALTHY NUTRITION



- Choose whole, unprocessed foods
- Eat fruits, vegetables, lean proteins & whole grains
- Portion control
- Limit sugary drinks, junk food & fast food
- Regular meal patterns
- Drink more water



Healthy eating as a family builds healthy habits for life.

2 PHYSICAL ACTIVITY



Aim for at least **60 MINUTES EVERY DAY** of moderate-to-vigorous physical activity

- Play sports
- Walk, run, bike, swim
- Active play
- Strength-building activities 2–3 times per week



Move more. Sit less. Build strength & confidence!

3 BEHAVIORAL & LIFESTYLE CHANGES

- Set realistic goals
- Track food, activity & progress
- Use positive reinforcement
- Family-based support
- Sleep 8–10 hours per night
- Limit screen time (less is best!)

Small steps every day lead to BIG changes.

4 SCREENING FOR COMPLICATIONS

Children with obesity should be screened for:

- High blood pressure
- Type 2 diabetes
- High cholesterol
- Sleep apnea
- Fatty liver (NAFLD)
- Depression & anxiety
- Joint problems



Early detection helps prevent complications.

5 MEDICATIONS (For Eligible Adolescents)

May be considered for adolescents ≥12 years with obesity, especially when lifestyle changes alone are not enough.



SEMAGLUTIDE (Wegovy®)
Weekly injection
Helps reduce appetite & improve satiety



LIRAGLUTIDE (Saxenda®)
Daily injection
Helps reduce appetite



ORLISTAT (Xenical®)
Reduces fat absorption
GI side effects may occur



Medications are used with lifestyle changes and under careful medical supervision.

6 WHEN BARIATRIC SURGERY IS CONSIDERED

For adolescents with severe obesity and serious health problems when other treatments have not worked.



Common Procedures:
• Sleeve Gastrectomy
• Gastric Bypass



Requires comprehensive evaluation, psychological assessment & long-term follow-up.

7 KEY TAKEAWAYS

- Obesity is a chronic medical condition, not a choice.
- Early intervention improves long-term health.
- Focus on healthy habits, not just weight.
- Family involvement is essential.
- Celebrate small victories.
- Every child deserves support, respect & encouragement.



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