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Adolescent Weight Management: Advances and Future Challenges

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Message from the Guest Editor

Adolescent weight management constitutes an important challenge in the clinical practice of health care providers.

Current advances in adolescent weight management have focused on comprehensive, multi-component interventions that address nutrition, activity, and mental health. Another major advance in adolescent weight management is the use of technology-based interventions.

Despite all these advances, there is a wide range of unmet needs and several challenges to be addressed by the health care professionals dealing with adolescent weight management. The sustainability of weight management interventions over the long term constitutes the most prominent issue. Another challenge focuses on efficiently addressing the underlying social and environmental factors that contribute to adolescent overweight and obesity.

In conclusion, current advances in adolescent weight management provide promise in reducing overweight and obesity rates among adolescents. However, there are still challenges that need to be addressed to ensure the long-term success of these interventions.



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