

Special Issue

Treatment Strategies for Obesity and Its Comorbidities in Children and Adolescents

Message from the Guest Editors

Obesity in children and adolescents is an important public health problem worldwide, and its prevalence is estimated at 30% in the United States and other well-developed countries. The increasing epidemiological trend in this disease is associated with significant increases in comorbidities previously considered to be "adult" diseases including type 2 diabetes mellitus, hypertension, dyslipidemia, nonalcoholic fatty liver disease, and obstructive sleep apnea. However, the vast majority of cases are not related to secondary endocrine or syndromic and monogenic causes. Obesity, as a chronic disease with a high risk of recurrence, is especially difficult to manage. The treatment goals are often different from medical, parental, and patient points of view. If only aiming for weight reduction, we discovered that widely used family-based lifestyle interventions have only modest effects. Studies of pharmacotherapy efficacy and safety in the pediatric population with obesity are limited. Bariatric surgery procedures were been found to be effective in adolescents with severe obesity with comorbidities, but long-term follow-up studies are needed.

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Deadline for manuscript submissions

closed (30 June 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 9.8
Indexed in PubMed



mdpi.com/si/46333

*International Journal of
Environmental Research and
Public Health*
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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Editor-in-Chief

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