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Speaker Summary BSPED CME Day 07/11/2018

Management of Obesity- What Works?

Obesity in childhood and adolescence is a rapidly increasing problem across the world and in the UK. Around 1 in 3 children across the UK are overweight and obese at aged 6 and 11 yrs according to the national child measurement programme. Children are becoming obese earlier and obesity tracks into adulthood causing significant co-morbidity both in children/adolescents and in adults. The factors contributing to this rapid rise in obesity are broad and universal and include genes, epigenetics, socioeconomic factors and the obesogenic environment. Childhood obesity is estimated to reduce life expectancy and its adverse health effects are comparable to smoking. Obesity in childhood is largely thought of as a cosmetic problem but we are now seeing a rapid rise in co-morbidity in the paediatric age ranges including T2DM and metabolic syndrome, obstructive sleep apnoea, and orthopaedic problems. There are also significant psychosocial co-morbidities including depression and educational exclusion. Obesity is high on the public health agenda due to rising healthcare costs. Despite a large body of evidence regarding the causes and effects of obesity, ring-fenced funding, professional training and joined up NHS services to manage paediatric obesity are still not well developed. During this session we will look at evidence based approaches to assessment and management of paediatric obesity, including diet, exercise, behavioural and multi-component interventions. The role of assessment for organic causes and co-morbidities will be discussed. Medications and bariatric procedures can be suitable for specific situations but require specialist assessment. Safeguarding procedures also play an important role and also need thorough assessment which may include inpatient assessment. A number of psychological aspects can be very important in ensuring engagement and maximizing success including consultation style, role modeling, managing eating behavior and applying self monitoring and positive reward systems. Barriers to successful management and positive predictive factors will be discussed. There is also a need for better service development including joining up services with primary and secondary care and engaging with public health, schools and children's services.