Adherence to nutritional therapy in obese adolescents; a review

Given the growing prevalence rates of childhood and youth obesity, it has now become a public health concern given the number of physical and psychosocial comorbidities associated with it. Diet is a well-known factor that plays a key role in the success of treating obesity. However, adherence to diet is essential in the prevention and treatment of obesity. Given the limited evidence and the existing controversies on the topic, the aim of this review was “to discuss adherence to diet in obese adolescents.”

Overall, the review highlighted a lack of evidence regarding adherence to diet in obesity in the youth context as well as scarce data available. Among the factors found to either facilitate and complicate the process of adherence to diet for children with obesity, the authors identified that these were mainly in the socioeconomic and cultural dimension, and highlighted cognitive and psychological factors.