Treatment of Pediatric Obesity: A Systematic Review and Meta-Analysis of Randomized Trials

The ongoing childhood obesity epidemic has been associated with increased incidence of cardiovascular risk factors, adult obesity and obesity-related comorbidities. Consequently, the Endocrine Society has decided to formulate clinical practice guidelines for the management of pediatric obesity. The aim of this report is “to briefly summarise the findings of a systematic review and meta-analysis of randomised trials published in the literature up to February 2006 and reports on the effects of evaluated treatments on obesity outcomes.”

A total of 76 articles were included in this systematic review. Overall, the systematic review and meta-analyses found evidence of:

1. short-term efficacy of pharmacological interventions on BMI
2. moderate treatment effect of physical activity on adiposity but not on BMI
3. small to moderate treatment effect of combined lifestyle interventions on BMI

Further research is needed to determine the long-term efficacy and safety of pediatric obesity treatments.