

## Can Medication Cure Obesity in Children?

### A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the “astounding” 15% child obesity rate constitutes an “epidemic.” Since the early 1980s, that rate has “doubled in children and tripled in adolescents.” Now more than nine million children are classified as obese.<sup>1</sup> While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity has proven more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for

<sup>1</sup>Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child or an adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.

Full title, centered.

The writer sets up her organization by posing four questions.

The writer states her thesis.

The writer uses a footnote to define an essential term that would be cumbersome to define within the text.

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### Table of Contents **Sample Apa Document**

1. Understanding the eBook **Sample Apa Document**
  - The Rise of Digital Reading **Sample Apa Document**
  - Advantages of eBooks Over Traditional Books
2. Identifying **Sample Apa Document**
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an **Sample Apa Document**
  - User-Friendly Interface
4. Exploring eBook Recommendations from **Sample Apa Document**
  - Personalized Recommendations
  - **Sample Apa Document** User Reviews and Ratings
  - **Sample Apa Document** and Bestseller Lists

5. Accessing Sample Apa Document Free and Paid eBooks
  - Sample Apa Document Public Domain eBooks
  - Sample Apa Document eBook Subscription Services
  - Sample Apa Document Budget-Friendly Options
6. Navigating Sample Apa Document eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Apa Document Compatibility with Devices
  - Sample Apa Document Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Apa Document
  - Highlighting and Note-Taking Sample Apa Document
  - Interactive Elements Sample Apa Document
8. Staying Engaged with Sample Apa Document
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Apa Document
9. Balancing eBooks and Physical Books Sample Apa Document
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Apa Document
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Sample Apa Document
  - Setting Reading Goals Sample Apa Document
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Apa Document
  - Fact-Checking eBook Content of Sample Apa Document
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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