

## 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 9 million children are classified as obese (paras. 3, 6).<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

<sup>1</sup>Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. An adult with a BMI 30 or higher is considered obese. In children and adolescents, obesity is defined in relation to others of the same age and gender. 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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