



# Residência **RP** Pediátrica

Publicação Oficial da Sociedade Brasileira de Pediatria

Submitted on: 04/25/2017  
Approved on: 07/06/2017

OPINION

## Opinion

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Article: Spear BA, Barlow SE, Ervin C, Ludwig DS, Saelens BE, Schetzina KE, et al. Recommendations for treatment of child and adolescent overweight and obesity. *Pediatrics*. 2007;120 Suppl 4:S254-88.

Obesity is prevalent in childhood and adolescence. In Brazil, the prevalence is 14% in school-age children and 5% in adolescents. This disease, together with dyslipidemia, glucose metabolism disorder, and arterial hypertension, constitute metabolic syndrome, and all these conditions are risk factors for atherosclerotic cardiovascular disease.

In recent decades, studies have shown that these components of metabolic syndrome are already present in obese children and that the onset of atherosclerotic cardiovascular disease begins in childhood.

Considering this scenario, obesity in childhood and adolescence has been a focus of extensive research and the focus of attention at all levels of health care, from prevention to treatment of severe forms and comorbidities.

In this context, the pediatrician should be able to prevent, diagnose, and treat obesity and its comorbidities.

The article "Recommendations for treatment of child and adolescent overweight and obesity", a publication of the American Academy of Pediatrics, aims to contribute significantly to assist the pediatrician in the management of overweight and obesity by presenting data regarding eating behavior, physical activity, and treatment programs, including aggressive interventions. The authors of this publication present a proposal for the management of overweight and obesity. This program is staged and personalized according to age and contemplates progressive changes in diet, physical activity, and behavioral therapy. Moreover, the program is practical, flexible, feasible, and values multidisciplinary care. The recommendations are aimed at the primary level of care. However, there is a systematization of which cases should be referred for specialized care.

In short, the article is essential reading for the pediatrician eager to improve the daily practice and mandatory for the medical residents in pediatrics.

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