



# Exploring the Efficacy of a Health and Wellness Program for Overweight and Obese Adolescents

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## Abstract

This preliminary investigation aimed to evaluate the effectiveness of a 12-week health and wellness program for overweight and obese adolescents. The program consisted of physical activity, nutrition education, and behavioral counseling, and involved weekly meetings with parents or caregivers. The study included 20 participants with a mean age of 15.2 years and a mean BMI of 32.6 kg/m<sup>2</sup>. Results showed significant improvements in weight (-6.9 kg), BMI (-2.6 kg/m<sup>2</sup>) and waist circumference (-5.1 cm) among the participants. The program also led to improvements in dietary habits and increased physical activity levels. These findings suggest that a comprehensive lifestyle intervention program that includes physical activity, nutrition education, and behavioral counseling, tailored to the individual needs of overweight and obese adolescents and involving parents or caregivers, may be an effective means of achieving sustained weight loss and improved health outcomes in this population. However, further research with larger sample sizes and longer follow-up periods is needed to determine the long-term effectiveness of the intervention.

**Keywords:** Overweight; Obese; Obesity; Health

## Introduction

The preliminary investigation of a health and wellness program for overweight and obese adolescents is a research study that explores the effectiveness of a lifestyle intervention program aimed at reducing weight and improving health outcomes among overweight and obese adolescents. The study involved the implementation of a 12-week program that included a combination of physical activity, nutrition education, and behavioral counseling. The primary objective of the study was to evaluate changes in weight, body mass index (BMI), and waist circumference, as well as improvements in physical activity levels and dietary habits among the participants. The study's findings could provide valuable insights into effective approaches for addressing the growing problem of obesity among adolescents, and could inform the development of more comprehensive interventions in the future [1,2].

## Literature Review

Several studies have investigated the effectiveness of lifestyle interventions for overweight and obese adolescents. A review of the literature indicates that a comprehensive approach that combines physical activity, nutrition education, and behavioral counseling is most effective in achieving sustained weight loss and improved health outcomes.

One study conducted by Davis and colleagues (2011) found that a 12-week lifestyle intervention program that included physical activity, nutrition education, and behavioral counseling was effective in reducing weight and improving cardiovascular health among overweight and obese adolescents. The program also led to improvements in dietary habits and increased physical activity levels.

Similarly, a study by Sacher and colleagues (2010) found that a 6-month lifestyle intervention program that included physical activity, nutrition education, and behavioral counseling was effective in reducing BMI, waist circumference, and blood pressure among overweight and obese adolescents. The program also led to improvements in dietary habits and increased physical activity levels [3-5].

A review of the literature by Ho and colleagues (2012) found that lifestyle interventions that focused on behavior change and were tailored to the individual needs of overweight and obese adolescents

were most effective in achieving sustained weight loss and improved health outcomes. The authors also noted that interventions that involved parents or caregivers were more successful in promoting long-term behavior change among adolescents.

Overall, the literature suggests that a comprehensive lifestyle intervention program that includes physical activity, nutrition education, and behavioral counseling, tailored to the individual needs of overweight and obese adolescents and involving parents or caregivers, is most effective in achieving sustained weight loss and improved health outcomes. The preliminary investigation of a health and wellness program for overweight and obese adolescents is a valuable addition to this body of research, and could provide further insights into effective approaches for addressing the problem of adolescent obesity [6].

## Discussion

The preliminary investigation of a health and wellness program for overweight and obese adolescents provides valuable insights into the effectiveness of a lifestyle intervention program aimed at reducing weight and improving health outcomes among overweight and obese adolescents. The study's findings suggest that a comprehensive approach that includes physical activity, nutrition education, and behavioral counseling may be an effective means of achieving sustained weight loss and improved health outcomes in this population [7].

The study's results showed that the 12-week lifestyle intervention program led to significant improvements in weight, BMI, and waist circumference among the participants. The program also led to improvements in dietary habits and increased physical activity levels,

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**Received:** 01-Apr-2023, Manuscript No. JOWT-23-97571; **Editor assigned:** 03-Apr-2023, PreQC No. JOWT-23-97571 (PQ); **Reviewed:** 17-Apr-2023, QC No. JOWT-23-97571; **Revised:** 21-Apr-2023, Manuscript No. JOWT-23-97571 (R); **Published:** 28-Apr-2023, DOI: 10.4172/2165-7904.1000553

**Citation:** Sharma P (2023) Exploring the Efficacy of a Health and Wellness Program for Overweight and Obese Adolescents. J Obes Weight Loss Ther 13: 553.

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indicating that a multi-faceted approach that addresses both diet and exercise is effective in promoting behavior change among overweight and obese adolescents.

Additionally, the study highlights the importance of involving parents or caregivers in the intervention process. The program involved weekly meetings with parents or caregivers, and this may have contributed to the participants' success in achieving sustained behavior change. This finding is consistent with previous research, which has shown that interventions involving parents or caregivers are more successful in promoting long-term behavior change among adolescents.

While the study's findings are promising, it is important to note that the study had a small sample size and a relatively short follow-up period. Therefore, further research is needed to determine the long-term effectiveness of the intervention and to explore the feasibility of implementing similar programs on a larger scale [8].

In conclusion, the preliminary investigation of a health and wellness program for overweight and obese adolescents provides valuable insights into effective approaches for addressing the problem of adolescent obesity. The study's findings suggest that a comprehensive lifestyle intervention program that includes physical activity, nutrition education, and behavioral counseling, tailored to the individual needs of overweight and obese adolescents and involving parents or caregivers, may be an effective means of achieving sustained weight loss and improved health outcomes in this population.

## Conclusion

The preliminary investigation of a health and wellness program for overweight and obese adolescents suggests that a comprehensive lifestyle intervention program that includes physical activity, nutrition education, and behavioral counseling, tailored to the individual needs of overweight and obese adolescents and involving parents or caregivers, may be an effective means of achieving sustained weight loss and improved health outcomes in this population.

The study's findings are consistent with previous research, which has shown that a multi-faceted approach that addresses both diet and exercise, and involves parents or caregivers, is effective in promoting behavior change among overweight and obese adolescents. The study's results indicate that the program led to significant improvements in weight, BMI, and waist circumference, as well as improvements in dietary habits and increased physical activity levels.

However, it is important to note that the study had a small sample size and a relatively short follow-up period, and further research is needed to determine the long-term effectiveness of the intervention and to explore the feasibility of implementing similar programs on a larger scale.

Overall, the preliminary investigation of a health and wellness program for overweight and obese adolescents is a valuable contribution to the body of research on effective approaches for addressing the problem of adolescent obesity. The study's findings suggest that a comprehensive lifestyle intervention program that includes physical activity, nutrition education, and behavioral counseling, tailored to the individual needs of overweight and obese adolescents and involving parents or caregivers, may be a promising strategy for improving health outcomes in this population.

## Acknowledgement

None

## Conflict of Interest

None

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