

Only Self-control, Concerted Efforts Can Settle Rising Obesity in Adolescents

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To the Editor: The incidence of overweight and obese adolescents is rising on yearly mainly because of unhealthy diets and a lack of physical exercise.^[1] Indeed, the change in the increasing trend in body mass index has attracted worldwide attention and criticism.^[2]

Morbidly obese adolescents are at high risk for premature death due to a range of health problems, including greater insulin resistance, nonalcoholic fatty liver disease, diabetes, cardiovascular disease, cirrhosis, renal failure, and malignancies.^[3] In addition, physical inactivity is linked to obesity and will serve as a barrier unless adolescents take actions to stay healthy, such as a brisk walk for 15 min every day and school-based water intervention.^[2] Boys and girls are affected similarly.

Herein, the authors propose a mind map based on “the pyramid model of obesity in control” [Figure 1], which will help people not only remember more about priorities for success but also

better understand cost-effectiveness at every level. Bariatric surgery and pharmacologic treatments are not priority choices because of the potential adverse effects.^[4,5] Only self-control in lifestyle and concerted efforts with families, schools, governments at all levels, and communities can make up the green and substantial cornerstone of the pyramid and revert to a decreasing trend in obesity.

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Conflicts of interest

There are no conflicts of interest.

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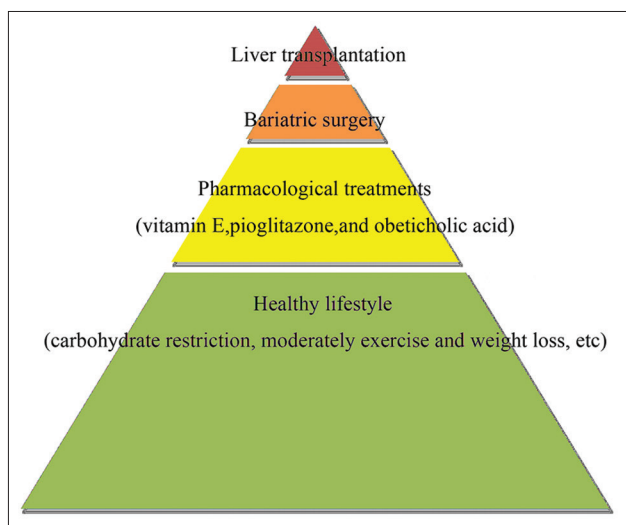


Figure 1: The pyramid model of obesity in control. From the bottom to the top, the higher the layer, the higher the risk. By the way of color alarm, from the green to the red, the severity of obesity upgrades, the cost-effectiveness of management downgrades.

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