

Obesity Medications for Adolescents

What Parents and Caregivers Need to Know



Obesity is not something a child “grows out of” as they get older. Many children with obesity will have obesity as an adult. Obesity is a disease that is caused by many things that are not under our control, but there are several approved medications that can help treat it. Your healthcare provider (HCP) may recommend one as part of a comprehensive treatment plan that also includes healthy eating, physical activity, sleep, and family support.

What medications are approved to treat adolescents with obesity?

There are currently 4 medications approved to treat obesity. They work by making you feel less hungry. You may also notice your child does not crave certain foods anymore or think about food as much during the day. Talk to your child’s healthcare provider about which one may be right for them.



Are there any side effects I should know about?

Some side effects like nausea, vomiting, diarrhea, and constipation can happen when taking certain medications. In general, eating smaller meals, avoiding fried food, drinking plenty of water, and limiting sugary drinks may help prevent some side effects from happening.

Will my child need to be on a special diet on these medications?

No matter which one your provider prescribes, these medications should be combined with a healthy diet and daily movement. This helps them work better. Your child may feel full sooner and eat less than usual, so encourage them to eat 3 small meals and 1-3 healthy snacks each day. Follow these tips to make sure your child is eating enough nutritious foods to grow, stay strong, and feel their best.



Encourage your child to eat slowly and chew well.



Eat together with your child when possible.



Use smaller plates and measured portions.

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Making the Most of Mealtime



Protein

Eat foods with protein like lean meat, chicken, fish, eggs, beans, yogurt, or cheese with every meal.



Fiber

Include fiber-rich foods like fruit, vegetables, beans, and whole grains at meals and snacks.



Fats

Stick to healthy fats from avocado, nuts, seeds, and olive oil. Cut back on processed foods with unhealthy fats like chips, cookies, and fast food.



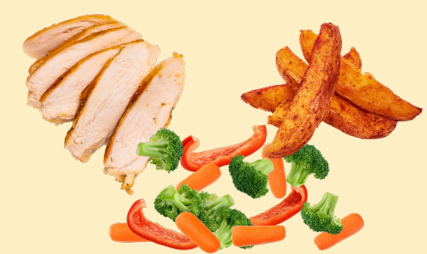
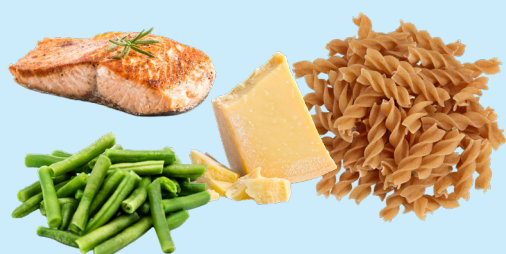
Water

Drink about 64 ounces of water throughout the day to stay hydrated. Limit fluid intake with meals so you can eat enough food to get the nutrients you need.

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The sample day below uses the nutrition tips from the previous page. Remember, portion sizes and calories needs differ based on the individual, so this example is not a one-size-fits-all plan. Work with your HCP to create a plan to meet your child's nutrition needs.

Meal	Food Examples
Breakfast	Whole wheat toast Eggs scrambled in olive oil with a handful of spinach Cup of milk of choice 
Mid-Morning Snack	No sugar added Greek yogurt with fresh or frozen berries 
Lunch	Grilled chicken strips Baked sweet potato wedges Mixed raw vegetables: broccoli florets, baby carrots, bell pepper strips 
Afternoon Snack	Cottage cheese with fresh, frozen, or canned (no sugar added) sliced peaches A small handful of almonds 
Dinner	Palm-sized amount of baked fish Wheat pasta with olive oil and parmesan cheese Steamed green beans 

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Will my child need to exercise to help them lose weight?

Children need regular physical activity to grow and keep their bones and muscles strong, especially when taking these medications. Daily movement will also improve overall fitness, heart health, and sleep.

Every Day	60 minutes of movement that gets their heart beating faster	
3 Days a Week	Part of the 60 minutes includes muscle-strengthening and bone-strengthening activities	

The 60 minutes of activity can be broken up throughout the day. Remember, the best type of movement is the one they enjoy and will continue doing regularly.

How quickly will my child lose weight?

Everyone responds differently. Some lose more weight than others. Weight loss is usually gradual and occurs over months, not days or weeks. Your HCP may change the dose slowly over time.



Will my child need to be on this medication for the rest of their life?

Many people who stop taking these medications regain some or all their weight. Talk to your HCP about what a long-term plan for obesity treatment should look like for your child.

Medication to treat obesity is a tool that works best when combined with behavior and lifestyle changes like healthy eating, regular physical activity, good sleep, and support from family and friends. Remember success shows up in more ways than just the scale. Check-in with your child's HCP to regularly track their progress and set new goals.

For more information: www.greauxhealthy.org [f/greauxhealthyPB](https://www.facebook.com/greauxhealthyPB)
[ig/greaux_healthy](https://www.instagram.com/greaux_healthy) [X/greauxhealthy](https://www.x.com/greauxhealthy) [in/company/greaux-healthy](https://www.linkedin.com/company/greaux-healthy)