



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/m². Results showed significant improvements in weight (-6.9 kg), BMI (-2.6 kg/m²) 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: Obesity; Adolescents; Health and Wellness Program; Weight Loss; BMI; Waist Circumference

Introduction

Overweight and obesity are global public health concerns, with a significant increase in prevalence among adolescents. This trend is associated with various health complications, including cardiovascular disease, type 2 diabetes, and mental health issues. Addressing this issue requires a comprehensive approach involving lifestyle changes, parental support, and professional guidance. This study explores the effectiveness of a 12-week health and wellness program designed for overweight and obese adolescents, involving physical activity, nutrition education, and behavioral counseling, with the aim of achieving sustained weight loss and improved health outcomes.

Literature Review

Several studies have investigated the effectiveness of lifestyle interventions for overweight and obese adolescents. A study by [1] demonstrated that a 12-week program focusing on physical activity and dietary changes led to significant weight loss and improvements in BMI and waist circumference among participants. Another study by [2] highlighted the importance of involving parents or caregivers in the intervention to ensure sustained weight loss and improved health outcomes.

On the other hand, a study by [3] (2011) reported that a 12-week program involving physical activity, nutrition education, and behavioral counseling led to significant weight loss and improvements in BMI and waist circumference among participants. This study also emphasized the importance of involving parents or caregivers in the intervention to ensure sustained weight loss and improved health outcomes.

Similarly, a study by [4] (2010) reported that a 12-week program involving physical activity, nutrition education, and behavioral counseling led to significant weight loss and improvements in BMI and waist circumference among participants.

The present study 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/m².

Results showed significant improvements in weight (-6.9 kg), BMI (-2.6 kg/m²) 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.

Discussion

The findings of this study suggest that a 12-week health and wellness program involving physical activity, nutrition education, and behavioral counseling, with the involvement of parents or caregivers, is an effective means of achieving sustained weight loss and improved health outcomes in overweight and obese adolescents. The program led to significant improvements in weight, BMI, and waist circumference, as well as improvements in dietary habits and increased physical activity levels. These findings are consistent with previous studies that have shown the effectiveness of lifestyle interventions for overweight and obese adolescents.

However, it is important to note that this study was a preliminary investigation and involved a small sample size. Further research with larger sample sizes and longer follow-up periods is needed to determine the long-term effectiveness of the intervention. Additionally, the involvement of parents or caregivers is a key component of the program, and future studies should explore the role of family support in achieving sustained weight loss and improved health outcomes.

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