

Child Healthy Weight eUpdate – December 2025



Figure 1 NHS Lanarkshire Logo

Contents

Child Healthy Weight	1
End of Document	6

Child Healthy Weight

1. Adanikin A, *et al.* [Epidemiology of early childhood weight change and concurrent undernutrition among African children: A sub-continental observational analysis](#). *PLoS One*. 2025;20(12):16.
2. [Administration of a Food Frequency Questionnaire to Elicit the Dietary Advanced Glycation End Product Consumption of Obese Adolescents aged 10-19 Years in a Tertiary Care Hospital](#). *Current Research in Nutrition and Food Science*. 2025;13(3):1335-1349.
3. Akbar Z, *et al.* [Risk factors of overweight and obesity in childhood and adolescence in Pakistan, a systematic review](#). *Discover Public Health*. 2025;22(1):75.
4. Akter Z, *et al.* [Nutritional vulnerabilities among Rohingya refugee children in Cox's Bazar: a cross-sectional analysis](#). *Discover Social Science and Health*. 2025;5(1):125.

5. Aljahdali B, et al. [Impact of social media-driven dietary trends on obesity and BMI in Saudi Arabia: an online cross-sectional study](#). *Discover Public Health*. 2025;22(1):568.
6. Allam M, et al. [The effect of laparoscopic sleeve gastrectomy in improving endocrinal and psychiatric comorbidities in morbidly obese adolescents: a single-center study](#). *Egyptian Pediatric Association Gazette*. 2025;73(1):11.
7. Allameh SA, et al. [Effectiveness of a mindfulness-based intervention + standard diet treatment compared to standard diet treatment alone on food cravings in overweight/obese individuals with mild to moderate anxiety/depression: a study protocol for an open-labeled, parallel-group randomized controlled trial](#). *Trials*. 2025;26(1):283.
8. [Association between the parenting self-efficacy and anthropometric indexes in under 2-year-old children, Qazvin-Iran](#). *Discover Social Science and Health*. 2025;5(1):50.
9. Birtukan GA, et al. [Sugar-sweetened beverage/snack consumption and its determinants among infant and young children aged 6–23 months in twelve Sub-Saharan African countries: Evidence from 2019–2023 Demographic Health Survey data](#). *PLoS One*. 2025;20(12):18.
10. Brataatmaja RH, et al. [Association between per- and polyfluoroalkyl substances exposure and childhood obesity: an umbrella review](#). *Discover Public Health*. 2025;22(1):596.
11. Capio CM, et al. [Disseminating the movement behaviour guidelines for young children in Hong Kong: process and outcome evaluations](#). *International Journal of Child Care and Education Policy*. 2025;19(1):8.
12. [Correlation of social ages and BMI centiles among children aged 5 to 15 years with and without disability from a rural community in Karnataka, India](#). *Discover Social Science and Health*. 2025;5(1):48.
13. Cui T, et al. [Efficacy of time restricted eating and resistance training on body composition and mood profiles among young adults with overweight/obesity: a randomized controlled trial](#). *Journal of the International Society of Sports Nutrition*. 2025;22(1):21.
14. [Exploring the effects of lifestyle disruptions on physical fitness in children and adolescents: a systematic scoping review](#). *Sports Medicine - Open*. 2025;11(1):65.
15. Feng J, et al. [The Efficacy of Interventions Targeting 24-h Movement Behaviours in Children and Adolescents: A Systematic Review and Meta-analysis](#). *Sports Medicine - Open*. 2025;11(1):160.

16. [Gamified eHealth interventions for health promotion and disease prevention in children and adolescents: a scoping review](#). *Humanities & Social Sciences Communications*. 2025;12(1):397.
17. Gray LA, et al. [Long-term trends in obesity and overweight in women in Ghana from 2003–2023](#). *Communications Medicine*. 2025;5(1):338.
18. Herr M, et al. [Factors associated with the level of food literacy in children aged 8 to 11: a study in 31 schools in France](#). *Global Health Promotion*. 2025;32(1):51-59.
19. Hojjat CF, et al. [Effect of obesity and exercise training on circulating lipids in American Indian adolescents](#). *PLoS One*. 2025;20(12):18.
20. [Implementation of a group intervention program for the treatment of obesity in children: PinPO](#). *Trials*. 2025;26(1):197.
21. [Investigating the relationship between built environment characteristics and obesity among primary school children in selected urban areas of Tehran](#). *Computational Urban Science*. 2025;5(1):15.
22. Jittima M, et al. [Association between nutritional status and severity of RSV-associated lower respiratory tract infection: a retrospective study in hospitalised children under 5 years of age](#). *BMJ Nutrition, Prevention & Health*. 2025;8(2):441-446.
23. Kim J, et al. [Poor cardiovascular outcomes of underweight abdominal obesity in the entire population of newly diagnosed heart failure](#). *ESC Heart Failure*. 2025;12(6):4242-4254.
24. Kim T, et al. [Effect of autism on overweight in children from a socio-ecological perspective](#). *Discover Public Health*. 2025;22(1):235.
25. Kimaryo C, et al. [The triple burden of malnutrition among adolescents in Dar es Salaam, Tanzania: The role of gender, household environment, and food insecurity](#). *PLoS One*. 2025;20(12):16.
26. Koch A, et al. [Early Life Intervention in Paediatrics Supported by E-Health \(ELIPSE\)—a coaching app for parents to reduce obesity and second-hand smoke exposure in children: study protocols for two parallel-group randomised controlled trials](#). *Trials*. 2025;26(1):520.
27. Kuntzman K, et al. [Impact of natal and childhood metabolic markers on childhood asthma burden – a nationwide cohort study](#). *Respiratory Research*. 2025;26(1):246.
28. Laerkholm G, et al. [The LIFE-MET trial: effect of insulin sensitization on pubertal progression following lifestyle intervention and/or treatment with metformin in girls with early puberty and overweight: study protocol for a randomized, placebo-controlled trial](#). *Trials*. 2025;26(1):544.

29. Liekens L, et al. [Semaglutide-associated worsening of atypical anorexia nervosa in an adolescent girl: case report](#). *BJPsych Open*. 2026;12(1):6.
30. Lolita AA, et al. [GLP-1 Receptor Agonists in Pediatric Obesity Care: Promise, Pitfalls, and Practical Realities](#). *Pediatr Ann*. 2026;55(1):e1-e3.
31. Lundh H, et al. [Physical activity and sedentary behaviour amongst children with obesity – exploring cross-sectional associations between child and parent](#). *Journal of Activity, Sedentary and Sleep Behaviors*. 2025;4(1):2.
32. Maleki F, et al. [Effect of nutritional education based on the precede-proceed model on improving the growth indicators, knowledge, attitude, and food intake of malnourished children: study protocol for a randomized clinical trial](#). *Trials*. 2025;26(1):512.
33. Manyuen C, et al. [Enhancing physical literacy through active play in overweight/obesity elementary students in Thailand](#). *Retos*. 2026;74:439-449.
34. Marina D, et al. [Oxidative Stress, Antioxidant Cofactor Micronutrients, and Cognitive Outcomes in Childhood Obesity: Mechanisms, Evidence, and Therapeutic Opportunities](#). *International Journal of Molecular Sciences*. 2025;26(24):12012.
35. Mbou ASM, et al. [Evaluation of the nutritional status of adolescents in the school environment, case of teenagers in the city of Douala in Cameroon](#). *Discover Food*. 2025;5(1):393.
36. Mira MF, et al. [Copeptin: a biochemical predictor of metabolic syndrome in children and adolescents with obesity](#). *Egyptian Pediatric Association Gazette*. 2025;73(1):97.
37. Montalva-Valenzuela F, et al. [Effects of exercise, physical activity and sports on physical fitness and body composition in children and adolescents with Down syndrome: a systematic review](#). *Discover Social Science and Health*. 2025;5(1):96.
38. [Nutritional knowledge, attitude, and practices among caregivers and nutritional status of children 6–24 months: evidence from Amuria and Soroti districts of Uganda](#). *Discover Food*. 2025;5(1):94.
39. Nyirenda HT, et al. [The interplay of family dynamics and social factors on underweight in children under-five in Zambia; addressing a neglected trend](#). *Discover Social Science and Health*. 2025;5(1):120.
40. Pînzariu AC, et al. [Gut Microbiota and Short-Chain Fatty Acids: Key Factors in Pediatric Obesity and Therapeutic Targets](#). *International Journal of Molecular Sciences*. 2025;26(23):11503.
41. [Predictors of malnutrition among adolescents in Egypt: a nationwide cross-sectional study](#). *Egyptian Pediatric Association Gazette*. 2025;73(1):26.

42. Rafi RR, et al. [Child Nutritional Status in Bangladesh: Prevalence, Determinants, and Policy Implications](#). *Reproductive, Female and Child Health*. 2025;4(4):11.
43. Ramos-Vera C, et al. [Mediating role of overweight perception in the relationship between healthy eating habits and negative physical health: a multigroup analysis by sex](#). *Discover Social Science and Health*. 2025;5(1):100.
44. Riedel J, et al. [A prospective cohort analysis from Germany shows transition into adulthood is an underestimated vulnerable period for children with overweight/obesity](#). *Communications Medicine*. 2025;5(1):447.
45. Rocha A, et al. [Internal migration and child nutrition in Brazil: a longitudinal study of over 5 million children](#). *Eur J Public Health*. 2025;35:2.
46. Roshdy Soliman A, et al. [Multidisciplinary screening and diagnosis of obesity related diseases: an Arabic Association for the Study of Diabetes and metabolism position statement \(AASD\)](#). *The Egyptian Journal of Internal Medicine*. 2025;37(1):122.
47. Salama M, et al. [Effect of Topiramate on Weight Status in Young Children With Severe Obesity](#). *Journal of the Endocrine Society*. 2026;10(1):8.
48. Siddik MAB, et al. [Relationship Between Body Mass Index, Eating Disorders, Internet Addiction, and Social Media Addictions Among Adolescents in Bangladesh](#). *Public Health Challenges*. 2025;4(4):13.
49. Sultana S, et al. [Wealth-Based Inequalities in Child Undernutrition and the Double Burden of Malnutrition Among Child-Mother Dyads at the Same Household in Bangladesh: A Decomposition Approach Using Cross-Sectional Data](#). *Health Science Reports*. 2025;8(12):17.
50. Taşdelen Y, et al. [The role of family meals in shaping adolescent health beliefs and cardiovascular behaviors](#). *Discover Public Health*. 2025;22(1):683.
51. [The global burden of high BMI among adolescents between 1990 and 2021](#). *Communications Medicine*. 2025;5(1):125.
52. Thomas JA, et al. [A qualitative exploration of the experience of individual-level stigma among adolescents with a chronic illness](#). *PLoS One*. 2025;20(12):32.
53. Uddin I, et al. [Comparison of physical activity levels among school-age adolescents in rural and urban areas of district Swat, KPK, Pakistan](#). *J Egypt Public Health Assoc*. 2025;100(1):19.
54. Zavala GA, et al. [PROTOCOL: Effectiveness of Interventions for the Prevention and Treatment of Obesity in Children and Adolescents From Low- and Middle-Income](#)

[Countries: A Systematic Review and Meta-Analysis](#). *Campbell Systematic Reviews*. 2025;21(4):11.

55. Ziyab AH, *et al.* [Sex Differences in the Association of Obesity With Prediabetes and Dyslipidemia Among Adolescents: A Cross-Sectional Study](#). *Obesity Science & Practice*. 2025;11(6):14.

End of Document