

ACTION *teens* Study



5,275
Adolescents
with obesity



5,389
Caregivers of adolescents
with obesity



2,323
Healthcare
professionals

Aims:

ACTION *teens* is an **international study** that captures perceptions, attitudes, behaviours and potential barriers to effective obesity care in adolescents living with obesity (ALwO). The study aims to improve obesity management and treatment for ALwO by:

- Generating evidence to drive awareness of the needs of ALwO and caregivers
- Identifying areas of misalignment between ALwO, caregivers and healthcare professionals (HCPs)

Materials and methods:

An online survey was conducted in 10 countries.* Participants were ALwO (aged 12–17), parents/caregivers of ALwO and HCPs who were primarily concerned with direct patient care.

Results:

The results show that nearly 1 in 4 (24%) adolescents do not realise that they classify as having obesity and furthermore, 1 in 3 parents do not realise that their child classifies as having obesity.¹ Other studies have shown four out of five adolescents living with obesity will continue to live with obesity as adults.² Almost two-thirds of ALwO (65%) believe that the responsibility to lose weight lies with them alone.¹

Only 13% of the HCPs surveyed had received certified training on obesity for more than a day after their medical education.¹ Nearly half (47%) of ALwO reported negative feelings as a result of a weight discussion with their HCP.¹ Despite this, when an HCP brought up weight, most ALwO (76%) and caregivers (86%) liked that this had been discussed.¹ 80% of ALwO seen by HCPs already have at least one comorbidity.³

Conclusions:

There were several areas of misalignment between the groups surveyed. Notably, caregivers underestimated the impact of obesity on ALwO and the desire of ALwO to lose weight, which may affect the level of support caregivers provide during weight loss attempts. Additionally, the perceptions of key motivators and barriers to weight loss among ALwO differed between ALwO and HCPs, which may impact the effectiveness of obesity care provided by HCPs.

Insights from the ACTION *teens* study suggest that obesity management for ALwO could be improved through:

- Better communication between ALwO, caregivers and HCPs
- Educational support for caregivers and HCPs on the experiences, challenges and needs of ALwO

*Countries surveyed: Australia, Colombia, Italy, Mexico, Saudi Arabia, South Korea, Spain, Taiwan, Turkey and the UK.

References:

1. Halford J, Bereket A, Bin-Abbas B, et al. (2022) Misalignment among adolescents living with obesity, caregivers, and healthcare professionals: ACTION *Teens* global survey study. *Pediatric Obesity*; e12957. <https://doi.org/10.1111/ijpo.12957>. 2. Simmonds M, Llewellyn A, Owen CG, Woolacott N. Predicting adult obesity from childhood obesity: a systematic review and meta-analysis. *Obes Rev*. 2016; 17(2):95–107. doi: 10.1111/obr.12334. *Epub* 2015 Dec 23. PMID: 26696565. 3. Maffeis C, Baur L, Bereket A, et al. ACTION *teens* global survey: participant characteristics and key information sources for adolescents living with obesity, caregivers and healthcare professionals. Poster presented at the European Congress on Obesity (ECO), 5 May 2022, Maastricht, The Netherlands.

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