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IRP Working Bibliography

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Black, A., White, B., Viner, M., & Simmons, K. (2013). Bariatric surgery for obese children and adolescents: a systematic review and meta-analysis. *Obesity reviews: an official journal of the International Association for the Study of Obesity, 14*(8), 634–644. doi:10.1111/obr.12037

Black et al. (2013) report on a meta-analysis that study the effects of bariatric surgery on obese teenagers. As a result, the research shows that surgery can be effective on treating obesity because it can solve other problems caused by obesity as well.

I am planning on using this article to support my point that bariatric surgery is a useful measure for reducing rate of obese teenagers. Black et al. (2013) state that after bariatric surgery, about 70 to 80 percent of adolescent diseases such as diabetes, hypertension and apnea are resolved.

Caroline M., & Apovian, M. (2016). The Obesity Epidemic — Understanding the Disease and the Treatment. *The new England journal of medicine. 374,* 177-179. doi: 10.1056/NEJMe1514957

Caroline and Apovian (2016) claim that the prevalence of obesity in the United States is rising every year. Moreover, they state that, in fact, only a few medicines are approved for use in adolescents and children and others are only used for adults or are not approved by Food and Drug Administration (FDA).

I am planning on using this article to give an introduction and to support my point that using medicine to treat teenage obesity has some limits. Caroline and Apovian (2016) state a phenomenon about the increasing rate of teenage obesity rate in the United States. Furthermore, they explain in detail the situation that only orlistat and metformin can be used to treat teenage obesity properly.

Capella, J. & Capella, R. (2003), Bariatric Surgery in Adolescence. Is this the Best Age to Operate? *OBES SURG. 13*. 826–832. doi:10.1381/096089203322618597

Capella, J. and Capella, R. (2003) talk about a study conducted on efficiency of using orlistat and bariatric surgery to treat teenage obesity. As a result, this study shows that both medicine and surgery have some limits.

I am planning on using this article in my paragraphs that talk about the drawbacks of those two measures. To be more specific, these two authors claim that orlistat can only reduce a little weight for teenagers and the extra skin caused by bariatric surgery will make teenagers feel disappointed and unconfident about themselves. Therefore, I can claim that society should utilize these two measures to reduce rate of teenage obesity.

Ruotsalainen, H., Kyngäs, H., Tammelin, T., & Kääriäinen, M. (2015). Systematic Review of Physical Activity and Exercise Interventions on Body Mass Indices, subsequent Physical Activity and Psychological Symptoms in Overweight and Obese Adolescents. *Journal of Advanced Nursing, 71*(11), 2461–2477. doi:10.1111/jan.12696

Ruotsalainen et al. (2015) report on a research conducted to utilize exercise intervention on obese adolescents. As a result, this research shows that it is recommended for obese teenagers to exercise about three times a week due to positive effects of exercising.

I am planning on using this article to support my point that having good life style can be the best measure for reducing the rate of teenage obesity. Ruotsalainen et al. (2015) also claim that the fourth highest risk factor for ball mortality is lack of exercise. Therefore, I can use it to emphasize the importance of having exercise, especially for obese teenagers.

Tevie, J, & Shaya, F., (2015). Association Between Mental Health and Comorbid Obesity and Hypertension Among Children and Adolescents in the US. *Eur Child Adolescence Psychiatry, 24*, 497–502. doi:10.1007/s00787-014-0598-8

Tevie and Shaya (2015) discuss a research that focus on the relationship between obesity and other problems like mental health. As a result, they claim that if an American teenager has obesity, then he or she is likely to have other problems brought by obesity, like mental health.

I am planning on using this article in my background paragraph to talk about the negative effects can be caused by obesity to the United States. Tevie and Shaya (2015) state that a study conducted on American teenagers and children shows that obesity has strong connection with poor mental health, like depression.