

Managing **Obesity** *in Youth and Young Adults*

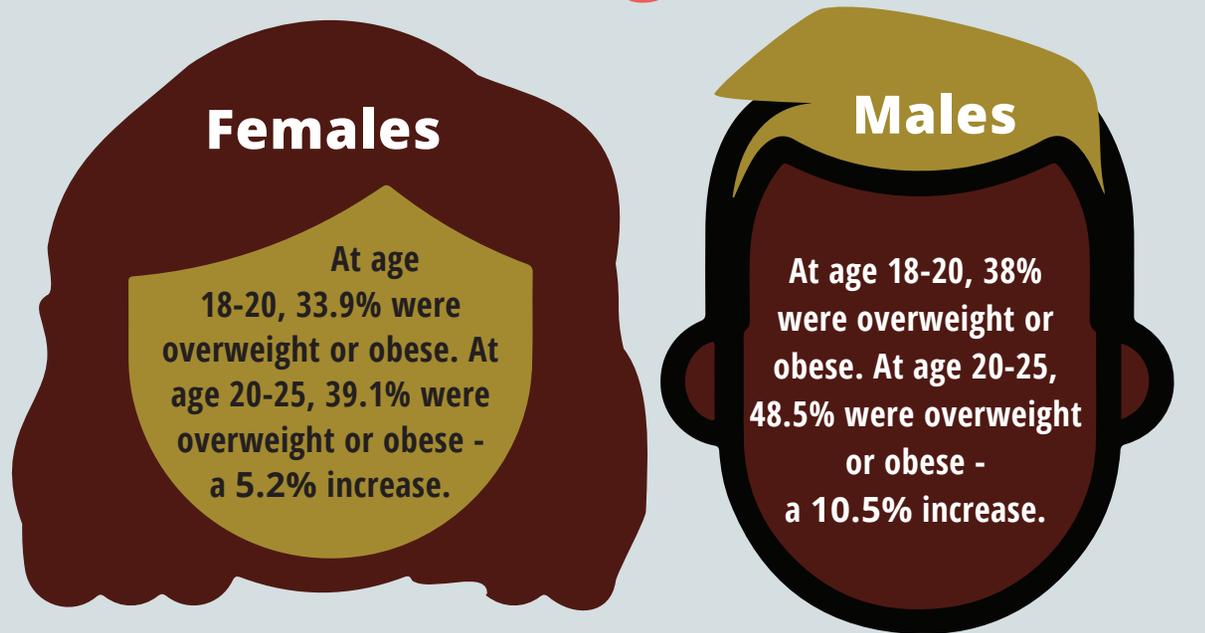
Individuals who are obese and have a serious mental illness face high levels of stigma, prejudice and discrimination, leading to several barriers in medical care, employment, housing, and relationships.ⁱ

People with serious mental illness are **more likely** to be obese.ⁱⁱ

In 2015, just **51.6%** of high school students aged 14-18 attended physical education classes at least one day a week.

That year, **29.9%** of high school students were overweight or obese.ⁱⁱⁱ

In the transition to adulthood (ages 18-25)^{iv}:



Discover ways that providers can **Take Action**
on the next page!



Take Action

(for medical, mental health, and substance use disorder providers):

- Incorporate **overall health and wellness** as part of the treatment plan, collaborating with primary care providers as needed^v
- Deliver cognitive-behavioral and family-based treatments to **address problematic weight-related attitudes and behaviors**^{vi}
- Address the role of **negative emotions** found in people struggling with weight and obesity, such as depressive symptoms^{vii}
- Offer a comprehensive set of wellness services to patients that includes a combination of **screening and risk assessment**, nutritional education and weight management to support healthy habits^{viii}
- Promote and encourage patients to engage in **healthy lifestyle activities** (such as exercise and healthy eating) that are backed with peer support^{ix}
- Find innovative ways to **engage caregivers** and family members in a conversation about healthy lifestyle habits^x
- **Support workforce training for providers** to develop the skills and knowledge needed to work with youth and young adults and their families

^v Lauren, M. (2015). The Double Stigma of Obesity and Serious Mental Illnesses: Promoting Health and Recovery. *Stigma And Health*, (5), 86. doi:10.1037/2376-6972.1.5.86

^{vi} Naslund, J. A., Aschbrenner, K. A., Scherer, E. A., Pratt, S. I., Wolfe, R. S., & Bartels, S. J. (2016). Lifestyle Intervention for People With Severe Obesity and Serious Mental Illness. *American Journal Of Preventive Medicine*, 50(2), 145-153. doi:10.1016/j.amepre.2015.07.012

^{vii} Trends in the Prevalence of Physical Activity and Sedentary Behaviors National YRBS: 1991-2015. (2015). Retrieved January 26, 2018, from https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2015_us_physical_trend_yrbs.pdf

^{viii} Dickey, H., Sawrey, R., Sawrey, J., Heinz, J., & Crawford, D. (2016). The Epidemiological Evidence of Overweight, Obesity and Cardiometabolic Disease Risk Factors in College-Aged Subjects: A Cross-Sectional Investigation. *International Journal of Exercise Science: Conference Proceedings*, 11(4). Retrieved from <https://digitalcommons.wku.edu/ijesab/vol11/iss4/13/>.

^{ix} Bourassa, K. A., McKibbin, C. L., Hartung, C. M., Lee, A. A., Stevens, A. E., Slosser, A. E., & ... Buxton, Y. (2017). Barriers and facilitators of obesity management in families of youth with emotional and behavioral disorders. *Journal Of Health Psychology*, 22(11), 1469-1479.

^x Gowey, M. A., Reiter-Purtill, J., Becnel, J., Peugh, J., Mitchell, J. E., & Zeller, M. H. (2016). Weight-related correlates of psychological dysregulation in adolescent and young adult (AYA) females with severe obesity. *Appetite*, 99, 211-218. doi:10.1016/j.appet.2016.01.020

^{xi} Castillo, F., Francis, L., Wylie-Rosett, J., & Isasi, C. R. (2014). Depressive symptoms are associated with excess weight and unhealthy lifestyle behaviors in urban adolescents. *Childhood Obesity (Print)*, 10(5), 400-407. doi:10.1089/chi.2014.0042

^{xii} Arts, J., Fernandez, M. L., & Lofgren, I. E. (2014). Coronary Heart Disease Risk Factors in College Students. *Advances in Nutrition*, 5(2), 177-187. <http://doi.org/10.3945/an.113.005447>

^{xiii} O'Hara, K., Stefancic, A., & Cabassa, L. J. (2017). Developing a peer-based healthy lifestyle program for people with serious mental illness in supportive housing. *Translational Behavioral Medicine*, 7(4), 793-803. doi:10.1007/s13142-016-0457-x

^{xiv} Laguna-Alcaraz, A. D., Mejía-Rodríguez, O., Rendón-Paredes, A. L., Villa-Barajas, R., & Paniagua, R. (2017). Impact of a comprehensive intervention to families with teenage sons with overweight and obesity in a primary care setting: A case report. *Diabetes & Metabolic Syndrome*, 11 Suppl 1S195-S200. doi:10.1016/j.dsx.2016.12.031

