

January 2021 Shared DORI Webinar & Endocrinology Grand Rounds



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DATE: January 12, 2021

TIME: 12:00-1:00 PM

Registration Zoom Link

https://usc.zoom.us/webinar/register/WN_Ch0Q5bLmTkWxdhHuiPZ3-Q

From Apps to Intermittent Fasting: Treatment of Adolescents with Obesity - Clinical Controversy or Opportunity?

There continues to be a steady increase in the prevalence of obesity in adolescents. Current treatment recommendations in pediatrics are costly, labor intensive and difficult to implement on a large scale. The creation of innovative and personalized treatment strategies that target the whole adolescent, including diet, activity and behavioral skills training are essential. Our lab is interested in three components of the treatment of obesity in adolescents: 1) Cognitive phenotyping: The relationships between food addiction, executive functions and mood in adolescence are not well-understood. We aim to categorize these cognitive phenotypes of adolescents with obesity seeking treatment to better understand the overlap and how these phenotypes impact treatment engagement and response. 2) Intervention Delivery Modalities: We aim to utilize app-based interventions to deliver targeted treatment in their real life setting to determine which delivery method is most cost effective at promoting sustained behavior change and weight control. 3) Prescriptive Dietary Interventions: There is a growing interest in the use of time limited eating in obesity management and little is known about its use in adolescents. We are conducting a pilot study to substantiate the feasibility, acceptability and effectiveness of time limited eating coupled with continuous glucose monitoring in adolescents with obesity.