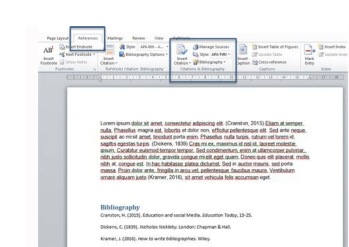


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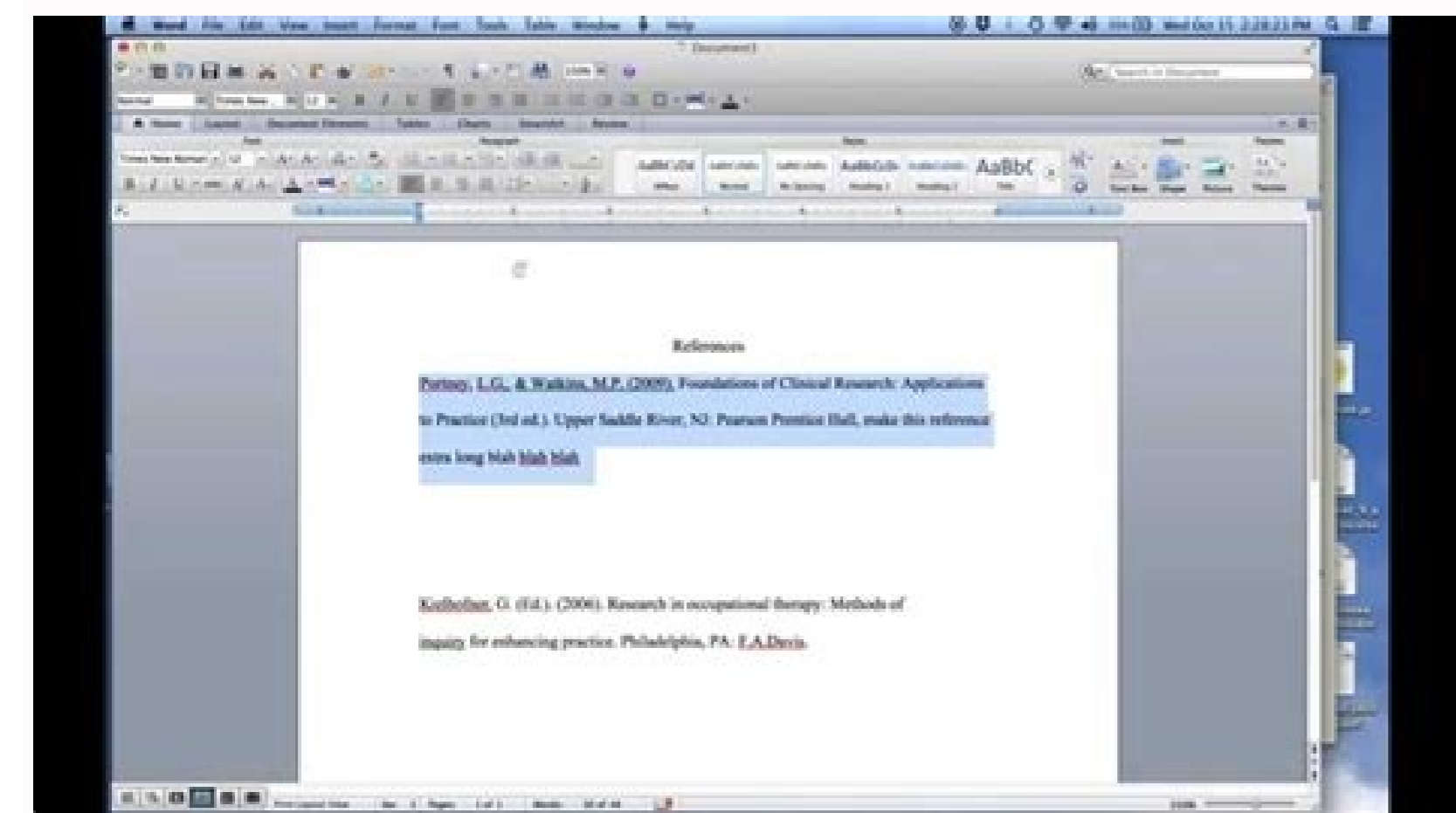


**Level 1 Heading**

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Obesity in Children 1

Can Medication Cure Obesity in Children?  
A Review of the Literature

In March 2004, U.S. Surgeon General Richard Carmona called attention to a health problem in the United States that, until recently, has been overlooked: childhood obesity. Carmona said that the "astounding" 15% child obesity rate constitutes an "epidemic." Since the early 1980s, that rate has "doubled in children and tripled in adolescents." Now more than 9 million children are classified as obese (paras. 3, 6).<sup>1</sup> While the traditional response to a medical epidemic is to hunt for a vaccine or a cure-all pill, childhood obesity has proven more elusive. The lack of success of recent initiatives suggests that medication might not be the answer for the escalating problem. This literature review considers whether the use of medication is a promising approach for solving the childhood obesity problem by responding to the following questions:

1. What are the implications of childhood obesity?
2. Is medication effective at treating childhood obesity?
3. Is medication safe for children?
4. Is medication the best solution?

Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity

<sup>1</sup>Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. An adult with a BMI 30 or higher is considered obese. In children and adolescents, obesity is defined in relation to others of the same age and gender. An adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.

Full title, centered.

The writer sets up her organization by posing four questions.

The writer states her thesis.

The writer uses a footnote to define an essential term that would be cumbersome to define within the text.

CAN MEDICATION CURE OBESITY IN CHILDREN? 3

Can Medication Cure Obesity in Children?  
A Review of the Literature

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Understanding the limitations of medical treatments for children highlights the complexity of the childhood obesity problem in the United States and underscores the need for physicians, advocacy groups, and policymakers to search for other solutions.

**What Are the Implications of Childhood Obesity?**

Obesity can be a devastating problem from both an individual and a societal perspective. Obesity puts children at risk for a number of

<sup>1</sup>Obesity is measured in terms of body-mass index (BMI): weight in kilograms divided by square of height in meters. A child or an adolescent with a BMI in the 95th percentile for his or her age and gender is considered obese.

Full title, centered.

Headings, centered, help readers follow the organization.

Mirano uses a footnote to define an essential term that would be cumbersome to define within the text.

Note: This page reflects the latest version of the APA Publication Manual (i.e., APA 7), which released in October 2019. The equivalent resource for the older APA 6 style can be found here. Please use the example at the bottom of this page to cite the Purdue OWL in APA. You can also watch our APA vidcast series on the Purdue OWL YouTube Channel. Note: For more information about services for the Purdue University community, including one-to-one consultations, ESL conversation groups and workshops, please visit the Writing Lab site. General APA Guidelines Your essay should be typed and double-spaced on standard-sized paper (8.5" x 11"), with 1" margins on all sides. Include a page header (also known as the "running head") at the top of every page. For a professional paper, this includes your paper title and the page number. For a student paper, this only includes the page number. To create a page header/running head, insert page numbers flush right. Then type "TITLE OF YOUR PAPER" in the header flush left using all capital letters. The running head is a shortened version of your paper's title and cannot exceed 50 characters including spacing and punctuation. Font The 7th edition of the APA Publication Manual requires that the chosen font be accessible (i.e., legible) to all readers and that it be used consistently throughout the paper. It acknowledges that many font choices are legitimate, and it advises writers to check with their publishers, instructors, or institutions for guidance in cases of uncertainty. While the APA Manual does not specify a single font or set of fonts for professional writing, it does recommend a few fonts that are widely available. These include sans serif fonts such as 11-point Calibri, 11-point Arial, and 10-point Lucida Sans Unicode as well as serif fonts such as 12-point Times New Roman, 11-point Georgia, 10-point Computer Modern. Major Paper Sections Your essay should include four major sections: the Title Page, Abstract, Main Body, and References. Title Page Note: APA 7 provides slightly different directions for formatting the title pages of professional papers (e.g., those intended for scholarly publication) and student papers (e.g., those turned in for credit in a high school or college course). The title page should contain the title of the paper, the author's name, and the institutional affiliation. A professional paper should also include the author note. A student paper should also include the course number and name, instructor name, and assignment due date. Type your title in upper and lowercase letters centered in the upper half of the page. The title should be centered and written in boldface. APA recommends that your title be focused and succinct and that it should not contain abbreviations or words that

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