



PREVENTION | CLINICAL RESEARCH

Project: A pilot study to measure energy expenditure in youth enrolled in weight management interventions

Through donor support, Dr. Katherine Morrison, Professor of Pediatrics and Director, Centre for Metabolism, Obesity, and Diabetes Research in the Faculty of Health Sciences at McMaster University, is studying ways to help young people manage weight gain.

Regaining weight is perhaps the most challenging aspect of weight management – and recurring cycles of weight loss and gain increase the risk of diabetes. In youth who regain weight after weight loss, we do not know if their energy expenditure declines.

Dr. Morrison is launching a pilot study to monitor energy expenditure in youth with obesity undergoing weight management interventions. Her team will follow participants for one year and will also invite participants to become part of a youth advisory group to assist in designing future studies.

Their research will help determine how energy expenditure changes during obesity management in young people, helping guide future treatments to prevent obesity and diabetes in youth.