



Concerns: Obesity in Kids

Obesity has been rising among adults and children with or without HIV.

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Children living with HIV are surviving—and increasingly thriving—thanks to advances in antiretroviral treatment, but those who have lived their whole lives with the virus face some unanticipated health consequences. These include obesity, which has been rising among adults and children with or without HIV worldwide but is often overlooked in this population. In countries such as South Africa, where both HIV and obesity are common, this dual burden is emerging as a serious threat to children’s health. An international research team conducted a systematic review of more than 1,000 studies over two decades and found that not a single one addressed how to manage obesity in children receiving HIV care in clinical settings, according to a news release from Texas A&M University. To address this gap, the researchers recommended a three-pronged approach that includes developing and testing tailored interventions for children with HIV, integrating weight management into existing healthcare systems and prioritizing policy and funding to support such efforts.

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