

Weight Management Medications

A GUIDE FOR CHILDREN, TEENS & FAMILIES



MEDICATIONS ARE A TOOL

Weight management medications can help children and teens achieve a healthier weight when combined with healthy lifestyle habits.

Medication works best together with:



Healthy eating



Regular physical activity



Adequate sleep



Healthy habits for the whole family



Medication is one part of treatment—not a replacement for healthy habits.



HOW DO THEY WORK?

Different medications work in different ways. They may:



Reduce appetite



Help you feel full longer



Help the body use energy differently (metabolism)



PROTECT MUSCLE DURING WEIGHT LOSS

Healthy weight loss should reduce body fat while protecting muscle.



Eat enough protein



Include strength-building activities



Stay active every day



★ HEALTHY GOAL ★

Aim to lose no more than
1–2 POUNDS PER WEEK.

Slow, steady weight loss is healthier and helps protect muscle and bone health.



WHO MAY BENEFIT?

Weight management medications may be considered for children and teens who have:

- ✓ Severe obesity
- ✓ Weight-related health conditions
- ✓ Limited success with lifestyle changes alone

Most FDA-approved medications are approved for children **12 years and older**, although some younger children may qualify in selected situations.



WHAT TO EXPECT

- ✓ Start with a low dose
- ✓ Increase gradually to reduce side effects
- ✓ Continue healthy eating and exercise
- ✓ Keep regular follow-up appointments



IMPORTANT SAFETY INFORMATION

- ♥ Weight management medications are intended for long-term treatment, not a short-term “quick fix.”
- ♥ Long-term effects on growth and puberty continue to be studied.
- ♥ Contact your healthcare provider if side effects occur or you have concerns.



SAVING MONEY ON YOUR MEDICATION

Medication costs vary depending on insurance coverage.

Families may compare prices or explore savings programs through:

- ✓ GoodRx
- ✓ NovoCare
- ✓ Trump Rx

Coastal Kids Endocrinology & Weight Management



400 Gulf Breeze Parkway
Suite 300
Gulf Breeze, FL 32561



(850) 203-6654



(850) 999-7669



office@coastalkidsendo.com

Revised 07/2026