

Tackling appetite could hold the key to preventing childhood obesity

A heartier appetite is linked to more rapid infant growth and to genetic predisposition to obesity, according to two papers published in JAMA Pediatrics February 17.

The studies investigated how weight gain is linked to two key aspects of appetite, namely lower satiety responsiveness (a reduced urge to eat in response to internal 'fullness' signals) and higher food responsiveness (an increased urge to eat in response to the sight or smell of nice food).

The first paper reveals that infants with a heartier appetite grew more rapidly up to age 15 months, potentially putting them at increased risk for obesity.

Read the full, original story: [Why Tackling Appetite Could Hold The Key To Preventing Childhood Obesity](#)