Author's response to reviews

Title: A family-based education programme for obesity: a three-year study.

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To the Medical Editor of **BMC Pediatrics**

Ferrara, 23 October, 2006

Dear Editor,

Please find the attached electronic version of the original manuscript by Tanas R. et al. entitled

*A family–based educational approach to obesity: a three-year study.*

to be considered for publication as a Research articles in your “**BMC Pediatrics**”.

**What is already known on this topic:**

1) In western countries children obesity is taking alarming epidemic proportion. Consequently, pediatricians need to devise appropriate and “sustainable” treatment strategies to successfully face an ever growing number of obese children.

2) The number of controlled studies with a long follow-up focusing on weight loss in children is still limited. Even though Behavioural Therapy seems to have some efficacy, it requires a prolonged teamwork that is not always available in the majority of health facilities, because of their limited resources.

**What this study adds:**

1) Singles pediatricians with adequate educational skills can effectively treat obese children with therapeutic education.

2) When economical and professional resources are limited or unavailable, healthcare professionals should learn to work with children and their families, sharing a direct and conscious responsibility in managing the disease.

Looking forward to hearing from you,

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