Abstract---Background: Obesity is still one of the most serious health risks facing today's children and adolescents. Yoga has grown in popularity in the United States, and it appears to be a promising way to help adults with weight loss and management. However, research on yoga programmes aimed at weight loss in children or adolescents is limited. Objectives: The current study provided a systematic review of yoga-based interventions for weight loss in children and adolescents who were overweight or obese. Methods: The authors performed a systematic review of articles obtained from the databases Alt HealthWatch, CINAHL, SPORTDiscus, PubMed, and Web of Science. Inclusion criteria were studies that used yoga as a primary component, targeted overweight or obese children or adolescents, measured body weight or BMI as an outcome, used any type of study design, and were published in English-language peer-reviewed journals. Results: The inclusion criteria were met by nine studies in total. The majority of studies (n = 5) were conducted in the United States and implemented in schools (n = 5). Three of the studies examined were randomized controlled trials, and two had attrition rates approaching 50%. The majority of the interventions were successful in promoting weight loss and relevant behaviors. Conclusion: Yoga interventions had a small but significant impact on child and adolescent obesity. Small sample sizes, a lack of follow-up assessment after the posttest, a lack of control groups, a lack of use of behavioral theories, and a lack of intervention targeting disadvantaged populations are some of the limitations. To assess the impact of yoga on child and adolescent obesity, future interventions utilizing randomized controlled trials with large sample sizes are required.
Keywords--- Yoga, obesity, childhood, adolescents, therapy.

Introduction

The prevalence of obesity among U.S. children and adolescents has almost tripled since 1980, about one in five school-aged students are obese, making obesity the largest health care threat facing today’s children and adolescents.1 Children with obesity are at higher risk of having other chronic health conditions and diseases.2 Early obesity is also associated with being obese as an adult.3 Obesity is the most prevalent nutritional disorder among children and is an energy imbalance between calories consumed and calories expended.4 Moderate daily physical activity and healthy eating are modifiable and particularly important for preventing childhood obesity.5 Weight loss strategies that incorporate dietary modifications and exercise have proven effective in achieving weight loss, but most of the weight is regained over time6. To improve long-term outcomes of weight loss, mind and body movement approaches, combined with other traditional weight-loss strategies, have the potential to offer a holistic approach to sustain wellness.7 Yoga, a form of lifestyle-based exercise for health and fitness, includes low physical impact postures (asana), breath-work (pranayama), and meditation (dhyana); emphasizing regular body stretching, mind-body awareness, and mindful concentration. Yoga has experienced enhanced popularity as a mind-body practice in the United States.8 Lauche and colleagues’ review study reported that yoga can reduce body mass index (BMI) in overweight/obese individuals.9 Results of a study indicated that regular yoga practice was associated with weight-related health behaviors (e.g., healthy eating, and moderate-to-vigorous physical activity), which might facilitate healthy weight management.10 A study that surveyed 1830 young adults found that participants who were overweight and practiced yoga regularly showed decreases in their BMI, whereas those not practicing regularly had significant increases in their BMI. Researchers concluded that regular yoga practices may facilitate weight gain prevention.11

Researchers implemented yoga interventions in the school setting suggested that yoga holds the significance of improving child and adolescent health. These studies indicated that yoga practice might benefit children by improving their motor skills, mental ability, social skills 12, 13 as well as improved general health, attention, and relaxation skills.14 As the awareness of health benefits of yoga practice rises, yoga programs have also been designed into the physical education curriculum in school.15, 16, 17 According to the National Health Interview Survey, among children, the use of yoga practice during the past 12 months increased from 2012 to 2017.18 Although use of complementary and alternative medicine (e.g., mind-body movement and relaxation techniques) among children and adolescents is becoming more prevalent, however, the extent of use of those approaches as treatment options for specific health conditions in children necessitates further investigation.19

Yoga appears as a promising way to assist with weight loss and management in adults. Yoga has also been implemented for school-aged students and incorporated into the physical education curriculum. However, research studies
examining yoga-based approaches in preventing or treating obesity among children or adolescents are relatively scarce in the empirical literature. Thus, the purpose of this study was to review yoga programs published in peer-reviewed literature targeting weight loss among overweight or obese children or adolescents. Based on this review, recommendations for future interventions have been developed.

Methods

Literature Search

The current study was designed to provide a systematic review of evidence-based yoga interventions’ impact on child and adolescent obesity. A professional librarian developed customized search strategies for each key database: Alt HealthWatch (EBSCOHost), CINAHL (EBSCOHost), SPORTDiscus (EBSCOHost), PubMed, and Web of Science. The authors performed the search during July 2019 using combinations of the following keywords: Yoga AND (weight OR obes* OR overweight OR adiposity OR BMI OR “body mass index”) AND (child* OR teen* OR adolescent* OR pediatric). Customized searches are detailed in Appendix 1. Considering other terms such as meditation, meditative movement, mind-body practice, and “mindful movement” that might share similar components as yoga practice, the authors conducted the search by replacing yoga with each of those terms in each key database. One additional article was found that matched the inclusion criteria.29

To identify other potential articles that might not be indexed in the aforementioned databases, the same keywords were used for a secondary search on Google Scholar. One additional article was identified and included.28 The authors also searched the reference lists of each of the selected articles. One additional article matched inclusion criteria was included.27 Additionally, the authors hand-searched for the keywords on selected peer-reviewed journals publishing yoga related articles in order to increase the sensitivity of the search (i.e., International Journal of Yoga Therapy, Journal of Alternative and Complementary Medicine, Journal of Evidence-Based Integrative Medicine, and Journal of Integrative Medicine). No additional articles were found that matched the inclusion criteria. In the first stage of the literature search, titles and abstracts of identified studies were checked for inclusion. In the second stage, full-text articles were retrieved and checked for inclusion. Two authors independently assessed the eligibility of the studies; a third author checked those articles based on the selection criteria for inclusion. Authors and titles of studies were used to identify identical articles to avoid double counting of the same study.

Study Selection

Inclusion criteria were intervention studies that:

- used yoga as a primary component of treatment,
- targeted overweight or obese (BMI values at or above the 85th percentile for children and teens of the same age and sex) 20 children or adolescents (World Health Organization’s definition of a child—a person 19 years or
younger was utilized for this inclusion criteria),
- measured body weight or BMI as an outcome,
- utilized any type of study design,
- Published in peer-reviewed journals in English language with full-text available between January 1968 and July 2019. Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines (PRISMA)\textsuperscript{21, 22} were applied to illustrate the selection of these articles for inclusion in this systematic review (Figure 1).

Studies that were non-intervention studies (e.g., cross-sectional, review, and commentary studies; n = 95), targeting adults (n = 33), repeated studies (n = 39), accepted conference poster proposals (n = 4), targeting non overweight or obese participants (e.g., participants with eating disorders, cerebral palsy, Duchenne muscular dystrophy; n = 10), lack of body weight or BMI assessment (n = 3), and non-yoga or lower dosage of yoga intervention studies (n = 4) were excluded.

Figure 1. Data extraction process
Table 1
Summry of Yoga Programs for Improving Child and Adolescent Obesity (n = 9)

<table>
<thead>
<tr>
<th>Author(s), country, year</th>
<th>Sampling frame, demographics</th>
<th>Design, intervention setting</th>
<th>Measures</th>
<th>Time of assessment</th>
<th>Intervention effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slawta et al., U.S., 2008</td>
<td>91 children aged 6-12 (nearly one half participants exceeded optimal range of BMI)</td>
<td>Single group pretest-posttest PRECEDE-PROCEED Model Triweekly 2-hour physical activity (including yoga postures) and nutrition for 12 weeks School</td>
<td>Body Composition (BMI, body weight, skinfold thickness, body fat); Fitness; Nutrition Knowledge and Diet Composition; Lipids and Lipoproteins</td>
<td>Baseline; 12-week</td>
<td>BMI decreased significantly at posttest</td>
</tr>
<tr>
<td>Benavides &amp; Caballero, U.S., 2009</td>
<td>14 predominantly Hispanic adolescents aged 8-15 (mean BMI = 26.4 kg/m²; BMI ≥ 95th percentile for related age and gender) at risk for developing type 2 diabetes</td>
<td>Single group pretest-posttest Triweekly 75-min Ashtanga yoga with breath control and meditation for 12 weeks Clinic</td>
<td>Body weight, BMI; Lab parameters (Glucose, total cholesterol, low density lipoprotein; high density lipoprotein; triglycerides; C-reactive protein); Psychological measures (Beck Self-Concept Inventory-Youth; Beck Anxiety Inventory-Youth; Beck Depression Inventory-Youth)</td>
<td>Baseline; 12-week</td>
<td>Of the 14 participants, 11 experienced weight loss (average weight loss was 2 kg). The mean baseline weight was 61.2 ± 20.2 kg and decreased to 59.2 ± 19.2 kg (p = 0.01), which correlated with changes in BMI from 26.4 ± 6.6 to 25.6 ± 6.2 kg/m²</td>
</tr>
<tr>
<td>Sarvestani et al., Iran, 2009</td>
<td>60 obese female adolescents aged 11-15 (mean BMI = 29.3 kg/m²; BMI ≥ 95th percentile for related age and gender)</td>
<td>Quasi-experimental Experiment (n = 30): Weekly 4-hour session 2-hour yoga therapy and 2-hour behavior modification or dietary instruction for 16 weeks (lasted for 6 months) School</td>
<td>Body weight, BMI; arm circumferences; Dutch Eating Behavior Questionnaire</td>
<td>Baseline; 6-month</td>
<td>There were statistically significant differences in changes in body weight (-2.75 kg vs. 0.62 kg), BMI (-1.07 kg/m² vs. 0.24 kg/m²) in the experimental group in contrast to control group</td>
</tr>
<tr>
<td>Study Authors, Year, Country</td>
<td>Sample Size and Characteristics</td>
<td>Intervention Details</td>
<td>Outcome Measures</td>
<td>Results</td>
<td>Notes</td>
</tr>
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<tr>
<td>Seo et al., 2012 Korea</td>
<td>20 obese male adolescents aged 13-15 (mean BMI = 28.8 kg/m²; BMI ≥ 95th percentile for related age and gender)</td>
<td>Randomized Experiment (n = 10): Triweekly 50-min Asana yoga including warm-up (10 min), yoga postures (40 min), and relaxation (10 min) for eight weeks</td>
<td>Body weight, BMI, fat-free mass, fat mass, body fat, basal metabolic rate</td>
<td>Baseline; 8-week significantly decreased among experiment group after intervention, but not in the control group</td>
<td></td>
</tr>
<tr>
<td>Hainsworth et al., 2014 U.S.</td>
<td>16 obese adolescents aged 11-17 (BMI ≥ 95th percentile for related age and gender), and with at least one medical comorbidity</td>
<td>Single group pretest-posttest Semiweekly 60-min Hatha yoga including warm-up (5 min), yoga postures (45-50 min), restoration and meditation (5-10 min) for eight weeks (15 sessions in total)</td>
<td>Body weight, BMI; Physical Activity; Physical Functioning; Feasibility and acceptability (Holistic Health Questionnaire; Pediatric Quality of Life Inventory); Spielberger State Anxiety Inventory- Child</td>
<td>Baseline; 8-week</td>
<td>Weight did not change significantly from pretest to posttest</td>
</tr>
<tr>
<td>Nanthakumar, 2016 Malaysia</td>
<td>One obese female adolescent aged 19 (BMI = 29.1 kg/m²; BMI ≥ 95th percentile for related age and gender)</td>
<td>Qualitative single case study pretest-posttest 70-min Classical yoga including awareness practice (5 min), yoga postures (55 min), breath control and meditation (10 min)</td>
<td>Body weight, BMI, waist and hip circumferences; Physical Strength</td>
<td>Baseline; 10-week</td>
<td>The participant revealed a weight reduction (i.e., 2 kg) and decrease in BMI from 29.14 to 28.30 kg/m²</td>
</tr>
<tr>
<td>Study</td>
<td>Country</td>
<td>Participants</td>
<td>Intervention Duration</td>
<td>Intervention Details</td>
<td>Measures</td>
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<tr>
<td>Shomaker et al., 2017</td>
<td>U.S.</td>
<td>33 obese female adolescents aged 12-17 (mean BMI = 29.8 kg/m²; BMI ≥ 95th percentile for related age and gender) with family history of diabetes and elevated depressive symptoms</td>
<td>Randomized Experiment (n = 17): Weekly 60-min meditation, yoga “mindful” movement, mindfulness awareness practices for six weeks</td>
<td>School Body weight, BMI; Mindfulness Attention Awareness Scale; Schedule for Affective Disorders and Schizophrenia for School-Age Children; Insulin Resistance; Acceptability</td>
<td>Baseline; 6-week; 6-month follow-up</td>
</tr>
<tr>
<td>Hainsworth et al., 2018</td>
<td>U.S.</td>
<td>10 obese adolescents aged 11-17 (BMI ≥ 95th percentile for related age and gender), and with at least one medical comorbidity</td>
<td>Single group pretest-posttest</td>
<td>School Body weight; Gait; Feasibility and acceptability (Holistic Health Questionnaire; Pediatric Quality of Life Inventory); Pain Intensity; Physical Activity</td>
<td>Baseline; 8-week</td>
</tr>
<tr>
<td>Xiang et al., 2019</td>
<td>China</td>
<td>44 obese adolescents aged 10-14 (BMI ≥ 95th percentile for related age and gender)</td>
<td>Randomized Experiment (n = 22): 5 hs/day, 6 days/week exercise (including triweekly 60-90 min yoga with intensity of 50-75% HRmax) and dietary intervention for six weeks</td>
<td>School Body weight; Self-Control (Stroop Task; Handgrip Task); Maximal Grip Strength; Physical Activity; Trait Self-Control</td>
<td>Baseline; 6-week</td>
</tr>
</tbody>
</table>
### Table 2
Risk of Bias Assessment of Included Studies

<table>
<thead>
<tr>
<th>Study</th>
<th>Sequence generation</th>
<th>Allocation concealment</th>
<th>Blinding of participants and personnel</th>
<th>Blinding of outcome assessors</th>
<th>Incomplete outcome data</th>
<th>Selective outcome reporting</th>
<th>Other sources of bias</th>
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<tbody>
<tr>
<td>Slawta et al., 2008</td>
<td>Unclear</td>
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<td>Unclear</td>
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<td>Seo et al., 2012</td>
<td>Unclear</td>
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<td>Unclear</td>
<td>Yes</td>
<td>Yes</td>
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<td>Nanthakumar, 2016</td>
<td>Unclear</td>
<td>Unclear</td>
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<td>Shomaker et al., 2017</td>
<td>Yes</td>
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<td>Unclear</td>
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### Results

The authors searched and received a total of 194 articles including Alt HealthWatch (EBSCOHost) (n = 5), CINAHL (EBSCOHost) (n = 33), SPORTDiscus (EBSCOHost) (n = 7), PubMed (n = 84), and Web of Science (n = 65). After screening, six studies meeting the inclusion criteria were identified. Additionally, one article was identified by replacing yoga with other terms (i.e., meditation, meditative movement, mind-body practice, and “mindful movement”) in each key database; one article was identified via secondary search on Google Scholar; one article was identified by searching the reference lists of each of the selected article. A total of nine studies met the inclusion criteria (see Figure for data extraction process). The following data were extracted: publishing data (i.e., author, publication year, country where the study was conducted), characteristics of participants (i.e., number of participants, gender, age, and mean BMI), study design (i.e., intervention assignment, duration, intervention components, and setting), time of assessment, and highlighted outcomes as presented in Table 1.

The included studies involved 289 participants. Sample sizes were small, ranging in size from one to 91 adolescents. Most interventions were conducted in the United States, with one in Iran, one in Korea, one in Malaysia, and one in China. Regarding study design conducted in those interventions, four were single group pre-and posttest design, three were randomized controlled trials, one was quasi-experimental design, and one was
qualitative case study design. Only one intervention addressed the use of the PRECEDE-PROCEED Model as a framework in program development. The interventions implemented were Ashtanga (Classical) yoga, Hatha yoga, Iyengar yoga, and yoga “mindful” movement. Five interventions were implemented in school, the other four were delivered in community settings (e.g., clinic). The duration of the intervention ranged from six to 16 weeks. Only one intervention conducted the follow-up assessment (i.e., 6-month follow-up) after posttest.

Body weight and BMI changes from pretest to posttest were the only one body composition outcome assessed across all included interventions. Additional outcomes assessed including fitness assessment, psychological measures, physical activity, and eating behaviors. The majority of the interventions were able to facilitate weight loss and improve additional outcome behaviors relevant to obesity prevention in the participants under study. Three interventions evaluated the program feasibility and acceptability. Table 1 provides descriptive results of the included studies. Risk of bias of included studies was assessed utilizing the Cochrane guidelines for systematic reviews. Risk of selection bias was generally high as only two interventions reported adequate random sequence generation. Risk of performance bias was also high as only one intervention reported blinding of participants and personnel. Incomplete outcome data were adequately addressed in five interventions. Risk of selective outcome reporting had a low risk of bias as all interventions had adequate reporting. Six interventions were non randomized studies which may cause selection bias.

**Discussion**

The purpose of the study was to evaluate yoga-based intervention targeting weight loss among overweight or obese children and adolescents. Obesity is an emerging health concern globally. Yoga, a form of mind-body practice, is growing in Western society and has been found to be associated with physical fitness and mental well-being. Though the purpose of yoga is self-realization, it has beneficial effects on physical and psychological health. However, only nine interventions meeting inclusion criteria were identified during a 50-year time span. Overall, it was found that yoga-based interventions might be promising in assisting weight loss in participants studied in school and community settings. Future interventions and robust evaluations utilizing randomized controlled trials are needed to assess the impact of yoga on child and adolescent obesity. Five out of nine interventions were implemented in the school setting. School-based physical activity programs have been effective in promoting healthy behaviors such as physical activity and healthy eating that contribute to obesity prevention. Additionally, as obesity disproportionately burdens children residing in low-income areas and ethnic minority populations, only one intervention reviewed was delivered to Hispanic children with 14 participants completed the program. This finding is consistent with results from the 2017 National Health Interview Survey, which presented that the use of yoga among Hispanic and non-Hispanic black children was lower than among non-Hispanic white children. Future school-based interventions should be designed and implemented for culturally minority populations as those who are at risk of being
obese.

It is worth noting that three interventions reviewed were conducted for adolescent female,\textsuperscript{25,28,29} two interventions found reduced body weight and BMI among participants under study.\textsuperscript{25,28} Studies presented that several perceived barriers such as body-image, gender norms,\textsuperscript{34} concern about safety,\textsuperscript{35} teacher attitudes and support, and type of activities \textsuperscript{36} might inhibit adolescent female from engaging in physical activity. Besides, findings of a national survey reported that adolescent girls were more likely to have practiced yoga compared with adolescent boys.\textsuperscript{18} To facilitate adolescent female to involve in 60 minutes of moderate-to-vigorous physical activity daily and receive health benefits of regular exercise, future studies implementing yoga programs for adolescent girls are still needed. Among interventions reviewed, in three of those, yoga was offered along with dietary intervention as primary components of treatment;\textsuperscript{23,25,31} in which participants who completed the program showed significantly decreased anthropometric indices (i.e., body weight, BMI) and improved obesity prevention behaviors (e.g., self-control, emotional eating, diet composition and knowledge). These findings provided evidence that combining with other weight loss strategies (e.g., behavior modification, or dietary instruction), yoga practice might be a beneficial adjuvant to weight management programs for overweight or obese children and adolescents.

In some interventions reviewed participants’ BMI remain high at posttest assessment.\textsuperscript{29,30} Factors that may have influenced the lack of changes in BMI or body weight in these studies including: First, these programs focused on using yoga physical movement and breath control as a means, however, the evidence showed that nutrition plays an important role to create change in weight management;\textsuperscript{6} second, these programs provided short duration of intervention, ranged from six to eight weeks. Weight loss takes time. Yoga is an integrative approach exercise to improve one’s physical fitness (e.g., flexibility, strength), attention, and relaxation, and emphasize healthy lifestyle.\textsuperscript{37} Therefore, utilizing yoga intervention for weight management, it is imperative that longer or more intensive interventions are offered to increase the opportunity to make behavioral or nutritional changes in weight management. For two of the interventions, the attrition rates were approaching 50% (i.e., 47% and 44% each) with fourteen completed the study out of the thirty participants,\textsuperscript{24} and with fourteen (twelve did not attend any session and four attended sessions) out of thirty two who were enrolled in the intervention.\textsuperscript{27} Attrition is a threat to the internal validity of the study and limits the confidence in the efficacy of the trial. Future studies should improve retention and further investigate participants’ perceived barriers to completing the intervention. Additionally, only one intervention included behavior modification in the treatment.\textsuperscript{25} Future intervention should utilize behavioral theories to assist with the sustainment of yoga practice for participants. Although examining the psychosocial outcomes is not the purpose of the study, findings from five included interventions \textsuperscript{24,27,28,29,30} reported improved mental health indicators (e.g., anxiety, depression, self-image, stress, etc.). These findings are consistent with a systematic review that concluded that yoga practice may be an efficacious approach for managing stress.\textsuperscript{38} Yoga practice is associated with heightened mindfulness and improved mood which might help reduce food intake.\textsuperscript{39}
Limitations of the Interventions

Some limitations of yoga interventions for child and adolescent obesity were discovered. Majority of the studies utilized a small sample size, which limited the power of statistical analysis. Some of the studies were randomized controlled trials; other research designs were used (e.g., single group pretest-posttest, quasi-experimental, case study). Only one intervention was implemented for ethnic minority groups, it limited the variety of literature documenting the effect of yoga on weight loss. Some of the included studies reported that participants’ BMI remain the same after the intervention, hence longer or more intensive interventions may be needed to achieve substantial changes in body weight or BMI. Or other outcome measures should also be considered when examining the effectiveness of the interventions. Finally, only one intervention utilized behavior change theory to assist with the development and implementation of yoga program in the included studies.

Limitations of This Review

There were some limitations of this review. The search was limited to the following databases: Alt HealthWatch (EBSCOHost), CINAHL (EBSCOHost), SPORTDiscus (EBSCOHost), PubMed, and Web of Science so that some articles might not have been identified. This review aimed to examine the impact of yoga on child and adolescent obesity, only interventions targeting individuals age 19 or younger with BMI values at or above the 85th percentile for related age and gender were included; intervention targeting overweight or obese college students aged older than 19 were excluded. Intervention studies utilized yoga as merely part of the treatment with lower dosage (e.g., 1-hour practice in total) were excluded, in which confounding occurs as outcomes may be influenced by other primary physical activity components (e.g., walking, rock climbing, strength training) instead of yoga practice. The literature search was limited to articles published in the English language; articles published in other languages were excluded. Conference abstracts with missing information on the intervention description or outcomes were also excluded. Finally, findings reported were limited on studies measured body weight or BMI as an outcome. BMI may not be the most accurate indicator to determine the effect of weight on health, however, this is the only body composition outcome assessed across all of those included interventions. There are limitations inherent to the systematic review methods utilized in the study, thus the interpretation of the findings need to be carefully considered.

Conclusions

The study aimed at evaluating the impact of yoga-based interventions targeting overweight or obese children and adolescents. Yoga-based interventions appear to be a promising approach for weight loss and management among overweight or obese children and adolescents. The effects were small but meaningful, further research is needed to investigate how yoga practice could treat and prevent the growing issue of child and adolescent obesity. More research should be conducted on studies of yoga on weight loss among groups such as various ethnicity, socioeconomic status, geographical location, and younger children. It is necessary that the researchers and practitioners continue to examine the impact of yoga
intervention, a life-long mind-body approach, on children and adolescents who are overweight or obese. In school, yoga-based exercise could also be incorporated into curricula that may be beneficial to obesity prevention among children and adolescents.

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References


