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Cover letter

Dear Sir,

**Overweight and obesity in children and adolescents in South Africa**

Submitted, please find the above manuscript for consideration. It was written for the science reader in general. The manuscript describes the increase in overweight and obesity in children and adolescents, worldwide, but also in South Africa where overweight and obesity co-exist with malnutrition and stunting, even in the same households. It is pointed out that overweight and obesity during childhood not only increase the risk for cardiovascular, metabolic and other disorders during childhood and adolescence, but predispose the individual to the development of such disorders in adulthood – a fact that is not generally realised. It is argued that BMI alone does not necessarily present a good reflection of the overweight-associated risks in the South African population and that nutritional interventions alone won’t solve the problem.

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(I am not sure about the title of the above person, but she is the corresponding author on several interesting papers related to childhood obesity)

1. Dr A Panzer

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(Dr Panzer specializes in child psychiatry and has written a number of papers on child development)

**Author contributions:**

HR was responsible for the compilation of the table and made conceptual contributions, CCG was involved in the initiation of the project and made conceptual contributions, MV wrote the manuscript.

Regards,

Margaretha Viljoen