

# **OBESITY IN CHILDHOOD AND ADOLESCENCE PEDIATRIC AND ADOLESCENT MEDICINE VOL 9 READ ONLY**

## **Metabolic Syndrome and Obesity in Childhood and Adolescence**

Despite the fact that the prevalence of obesity in early childhood has been stable and is no longer increasing in many developed and industrialized countries, the incidence of both obesity and full-blown metabolic syndrome in children and adolescents is still very high. Obesity is a major disease burden in all societies and needs to be prevented early in life. New approaches are eagerly sought and absolutely necessary. This book presents a comprehensive and state-of-the-art summary of current and new knowledge in this critical field. Crucial issues such as nutrition and genetics are described in detail. In addition, new ideas such as e-health and the consequences of urban living conditions are explored. Last but not least, modern treatment concepts and prevention even at an early age are competently discussed. Offering a valuable update on new developments in obesity research and the treatment in children and adolescents, this book is essential reading for all pediatricians and health-care professionals who look after young patients on a regular basis.

## **Obesity in Childhood and Adolescence**

Obesity in childhood and adolescence has reached epidemic proportions in all industrialized countries around the world. Its impact on individual lives as well as on health economics has to be recognized by physicians and the public alike. Among the most common consequences of obesity in the adolescent are hypertension, dyslipidemia, back pain and psychosocial problems. Therapeutic strategies include psychological and family therapy, lifestyle/behavior modification and nutrition education. The role of regular exercise and exercise programs is emphasized. Surgical procedures and drugs used in adult obesity are still not generally recommended for obese adolescents. This book aims to increase physicians knowledge and understanding of obesity in childhood and adolescence as well as to further public awareness of the health burden and economic dimension of obesity at a young age. Several chapters deliver insights into the basic understanding of which factors contribute to or prevent the development of overweight and obesity in young people. Other contributions provide tools for the clinician to manage the care of the child and adolescent with overweight/obesity. In addition, knowledge from the latest scientific studies on the molecular biology of obesity is also presented.

## **Metabolic Syndrome and Obesity in Childhood and Adolescence**

This book addresses the ever increasing problem of obesity in children and adolescents, the long-term health and social problems that arise from this, and approaches to prevention and management. Aimed at doctors, and all health-care professionals, it will be of interest to all those concerned with the increasing prevalence of obesity in both the developed and developing world. It covers all aspects of obesity from epidemiology and prevention to recent developments in biochemistry and genetics, and to the varied approaches to management which are influenced by social and clinical need. A foreword by William Dietz and a forward-looking 'future perspectives' conclusion by Philip James embrace an international team of authors, all with first-hand experience of the issues posed by obesity in the young. This comprehensive survey of an important and growing medical problem will help inform, influence and educate those charged with tackling this crisis.

## **Child and Adolescent Obesity**

Now, in one comprehensive, easy-to-access volume, this essential handbook lays bare the scope of the growing problem of childhood and adolescent obesity. It goes further, too, examining the impact of the epidemic in terms of its psychological burden, its health consequences, and the available prevention and treatment options. Editors Jelalian and Steele have ensured that the chapters utilize the most up-to-date empirical and clinical knowledge available. This volume provides readers not only raw data, but also a framework for translating findings into effective, efficient practice – assessment, treatment, and prevention. It will be required reading for a host of professionals, from psychologists to social workers and medical practitioners.

## **Handbook of Childhood and Adolescent Obesity**

Get a quick, expert overview of best practices for diagnosis and treatment of eating disorders in children and adolescents. This concise resource by Drs. Johannes Hebebrand and Beate Herpertz-Dahlmann provides psychiatrists and pediatricians with current information in this increasingly important field, including practical sections on developmental aspects of eating disorders, symptomology, epidemiology, etiology and pathophysiology, treatment and outcomes, and prevention. Discusses general concepts for feeding, eating, and weight disorders; body weight and composition, appetite regulation, and the emergence of body perception and image. Covers genetics of eating and weight disorders, influence of hormones, intergenerational effects, and food addiction. Includes information on cognitive behavioral therapy, family-based therapies, early intervention, pharmacotherapy, bariatric surgery, and other treatments. Consolidates today's available information on this timely topic into a single convenient resource.

## **Eating Disorders and Obesity in Children and Adolescents**

Despite adults' best preventive efforts, childhood obesity is on the rise in most areas of the world, and with it the prevalence of Type 2 diabetes, hypertension, cardiovascular disease, and other formerly adult-onset conditions. *Epidemiology of Obesity in Children and Adolescents* takes the global ecological approach that is needed to understand the scope of the problem and its multiple causes and mechanisms, and to aid in developing more effective prevention and intervention programs. In the book's first half, experts present a descriptive summary of youth obesity trends in ten world regions, broken down by age group, gender, socioeconomic status, and risk factors. Complementing these findings, part two reviews the evidence base regarding the variables, separately and in combination, having the most significant impact on young people's development of obesity, including:

- Genetic and nutrigenomic factors.
- Environmental and psychosocial factors, such as family shopping and eating habits and access to healthful foods.
- Neuroendocrine regulation.
- Prenatal and neonatal factors (e.g., gestational diabetes of the mother).
- Dietary factors, from nutrient content to young people's food preferences.
- Physical activity versus sedentary behavior.

*Epidemiology of Obesity in Children and Adolescents* is necessary reading for the range of professionals involved in curtailing this epidemic, including public health specialists, epidemiologists, pediatricians, nurses, nutritionists, psychologists, health educators, and policymakers.

## **Epidemiology of Obesity in Children and Adolescents**

This volume brings together behavioral, medical, and public health approaches and provides the knowledge necessary for a wide range of practitioners to effectively address the current obesity epidemic among children and adolescents. The book addresses several themes in pediatric and adolescent obesity. Experts in the field discuss the prevalence, etiology, and sequelae of pediatric and adolescent obesity, as well as the medical and behavioral assessment of the overweight child, adolescent, and family. The book offers a comprehensive understanding of the wide range of approaches to pediatric and adolescent obesity treatment, in order to promote an individualized approach that will best fit the patient and family.

# **Handbook of Pediatric and Adolescent Obesity Treatment**

Childhood obesity is an international public health concern, with a high profile in both the media and government policy. Controversial issues in the prevention of childhood obesity need to be considered early in the development of school, clinical or community prevention programs, as these issues are often the ones that promote the success or failure of attempts to ameliorate the problem at hand. This book combines health education theory, research, and practice to guide researchers, students, educators, community health workers and practitioners in the prevention of childhood obesity and the promotion of child and adolescent health and well-being. It examines controversy in childhood obesity, including the link with poverty and the difficulty of addressing obesity whilst also tackling the issue of eating disorders. The prevalence of childhood obesity is covered, with international chapters examining the importance of factors such as social class and ethnic differences, and global and local trends are identified. Approaches to prevention are presented, and the book concludes with the successful outcome of various interventions, demonstrating how the whole school community can collaborate to promote health among young people.

## **Childhood Obesity Prevention**

Children's health has made tremendous strides over the past century. In general, life expectancy has increased by more than thirty years since 1900 and much of this improvement is due to the reduction of infant and early childhood mortality. Given this trajectory toward a healthier childhood, we begin the 21st-century with a shocking development—an epidemic of obesity in children and youth. The increased number of obese children throughout the U.S. during the past 25 years has led policymakers to rank it as one of the most critical public health threats of the 21st-century. *Preventing Childhood Obesity* provides a broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, medical, and dietary factors responsible for its increased prevalence. The book also offers a prevention-oriented action plan that identifies the most promising array of short-term and longer-term interventions, as well as recommendations for the roles and responsibilities of numerous stakeholders in various sectors of society to reduce its future occurrence. *Preventing Childhood Obesity* explores the underlying causes of this serious health problem and the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

## **Preventing Childhood Obesity**

Throughout the developed world there is an increasing prevalence of childhood obesity. Because of this increase, and awareness of the risks to long term health that childhood obesity presents, the phenomena is now described by many as a global epidemic. *Children, Obesity and Exercise* provides sport, exercise and medicine students and professionals with an accessible and practical guide to understanding and managing childhood and adolescent obesity. It covers: overweight, obesity and body composition; physical activity, growth and development; psycho-social aspects of childhood obesity; physical activity behaviours; eating behaviours; measuring children's behaviour; interventions for prevention and management of childhood obesity. *Children, Obesity and Exercise* addresses the need for authoritative advice and innovative approaches to the prevention and management of this chronic problem.

## **Children, Obesity and Exercise**

At the beginning of the third millennium, a rising prevalence of overweight and obese children and adolescents were seen in developed as well as developing and threshold countries. According to the WHO, overweight or obesity affects one in ten children or adolescents world-wide. This tendency is a dramatic one because childhood obesity is not only an aesthetic problem which may result in social stigmatisation of affected children, but childhood obesity is a multi-system disease with potentially devastating consequences. As with obesity in adults, childhood obesity is acknowledged to be one of the most important risk factors for hypertension and diabetes during childhood and later in life. This book presents current research in the study

of childhood obesity, including physical activity promotion programs to thwart childhood obesity; physiological and psychosocial risk factors in childhood obesity; and the ethnic differences in paediatric obesity and metabolic syndrome.

## **Childhood Obesity**

Obesity in children and adolescents is a serious issue with many health and social consequences that often continue into adulthood. Implementing prevention programs and getting a better understanding of treatment for youngsters is important to controlling the obesity epidemic. The term "childhood obesity" may refer to both children and adolescents. Between 5-25 percent of children and teenagers in the United States are obese. As with adults, the prevalence of obesity in the young varies by ethnic group. It is estimated that 5-7 percent of White and Black children are obese, while 12 percent of Hispanic boys and 19 percent of Hispanic girls are obese. Some data indicate that obesity among children is on the increase. The second National Children and Youth Fitness Study found 6-9 year olds to have thicker skinfolds than their counterparts in the 1960s. During the same period, others documented a 54 percent increase in the prevalence of obesity among 6-11 year olds. This book examines leading research in this area of great concern to society.

## **Childhood Obesity and Health Research**

The consequences of childhood obesity are serious and far reaching, with both physical and psychological components that add to its complexity. *Childhood Obesity: Contemporary Issues* provides an up-to-date account of the increase of obesity in children, its causes, and its prevention. The expert editorial panel has chosen contributors with consider

## **Childhood Obesity**

Dr. Strasburger addresses a popular topic in mainstream media: What are the effects of the multitude of media that are available to our children and adolescents? His well-published authors try to answer this question with articles devoted to the following topics: Health Effects of Media on Children and Adolescents; What Every Pediatrician Needs to Know About Social Networking Sites; Should Babies Be Watching TV and Videos?; Internet Bullying; Creative and Prosocial Uses of Media; Videogames: Good or Bad?; The New Threat of Digital Advertising; Does Media Use Cause Obesity?; Media in the Classroom; Eating Disorders and the Media; and Setting Up an Adolescent Health Website.

## **Children, Adolescents, and the Media, An Issue of Pediatric Clinics - E-Book**

Pt. 1. Social and behavioral development :: Risk factors for obesity in early human development /; John Worobey --; Role of physical activity in obesity prevention /; James M. Pivarnik --; Childhood overweight and academic achievement /; Sara Gable, Jennifer L. Krull, Arathi Srikanta --; Adiposity and internalizing problems: infancy to middle childhood /; Robert H. Bradley, Renate Houts, Phillip R. Nader, Marion O'Brien, Jay Belsky, and Robert Crosnoe --; Food marketing goes online: A content analysis of web sites for children /; Elizabeth S. Moore --; Families and obesity: a family process approach to obesity in adolescents /; Matthew P. Thorpe, Randal D. Day :: Pt. 2. Individual differences and ethnic variation :: Responding to the epidemic of American Indian and Alaska Native childhood obesity /; Paul Spicer, Kelly Moore --; Obesity in African Americans and Latino Americans /; Helen D. Pratt, Manmohan Kamboj, Robin Joseph :: Pt. 3. Prevention and intervention :: Managing the overweight child /; Ihuoma Eneli, Karah Daniels Mantinan --; Parents as the primary target for healthy eating among young children /; Mildred A. Horodyski, Kami J. Silk, Michelle Henry --; Surgical treatment for obesity /; Jeff M. Gauvin --; Ethical considerations related to obesity intervention /; Leonard M. Fleck, Karen A. Petersmarck.

## **Obesity in Childhood and Adolescence**

Childhood obesity in the United States has tripled in a generation. But while debates continue over the content of school lunches and the dangers of fast food, we are just beginning to recognize the full extent of the long-term physical, psychological, and social problems that overweight children will endure throughout their lives. Most dramatically, children today have a shorter life expectancy than their parents, something never before seen in the course of human history. They will face more chronic illnesses such as heart disease and diabetes that will further burden our healthcare system. Here, authors Jacob Warren and K. Bryant Smalley examine the full effects of childhood obesity and offer the provocative message that being overweight in youth is not a disease but the result of poor lifestyle choices. Theirs is a clarion call for parents to have "the talk" with their kids, which medical professionals say is a harder topic to address than sex or drugs. Urgent, timely, and authoritative, *Always the Fat Kid* delivers a message our society can no longer ignore.

## **Obesity in Childhood and Adolescence**

The prevalence of childhood overweight and obesity has increased worldwide in recent decades. Obesity in childhood is associated with a wide range of serious health complications and an increased risk of premature illness and death later in life. This book presents childhood obesity trends across multiple demographics and discusses the contributing genetic and environmental factors. It demonstrates the adverse health consequences of childhood obesity both as they relate to childhood and as they last into adulthood and presents multiple methods for obesity treatment including community and family-based intervention, pharmacotherapy, and surgical procedures.

## **Always the Fat Kid**

More children born today will survive to adulthood than at any time in history. It is now time to emphasize health and development in middle childhood and adolescence--developmental phases that are critical to health in adulthood and the next generation. *Child and Adolescent Health and Development* explores the benefits that accrue from sustained and targeted interventions across the first two decades of life. The volume outlines the investment case for effective, costed, and scalable interventions for low-resource settings, emphasizing the cross-sectoral role of education. This evidence base can guide policy makers in prioritizing actions to promote survival, health, cognition, and physical growth throughout childhood and adolescence.

## **Childhood Obesity**

Almost fourteen percent of American children over age six and twelve percent of adolescents are obese, more than double the rate of thirty years ago. Although there are countless diet and weight loss books on the market, few of them explain in jargon-free terms the basic factors, the body processes that can lead to childhood obesity, and the research currently underway to combat this growing health risk. In *Understanding Childhood Obesity*, Dr. J. Clinton Smith has created a comprehensive guide covering nearly every field of obesity research. He explores causes and methods of control, the body's physical and chemical make-up, prevention strategies, new treatments and behavior modifications, and future research possibilities. Smith closely examines the genetic and environmental factors that can lead to childhood obesity. For parents, he answers the all-important question of whether an obese child needs help, and he outlines traditional diet and exercise treatments as well as aggressive medical and surgical techniques. He also introduces readers to the "continuous care and problem-solving model" that has proved valuable in pediatric treatment clinics. Featured are: An explanation of how obesity is identified by using a child's height and weight. A frank discussion of the health consequences of obesity. A review of how the body breaks down food for energy and how and why the body stores energy. An examination of the powerful environmental factors affecting childhood weight gain. A thorough gathering of the treatments and research, and a view of exciting new discoveries in genetics and body chemistry.

## **Disease Control Priorities, Third Edition (Volume 8)**

Now, in one comprehensive, easy-to-access volume, this essential handbook lays bare the scope of the growing problem of childhood and adolescent obesity. It goes further, too, examining the impact of the epidemic in terms of its psychological burden, its health consequences, and the available prevention and treatment options. Editors Jelalian and Steele have ensured that the chapters utilize the most up-to-date empirical and clinical knowledge available. This volume provides readers not only raw data, but also a framework for translating findings into effective, efficient practice – assessment, treatment, and prevention. It will be required reading for a host of professionals, from psychologists to social workers and medical practitioners.

## **Understanding Childhood Obesity**

Childhood obesity and its co-morbidities -- including type 2 diabetes, hypertension, dyslipidemia, sleep apnea, and fatty liver disease -- have seen striking increases in recent years. Despite a wealth of investigation, there is considerable controversy regarding the etiology of childhood obesity and the optimal approaches for prevention and treatment. *Pediatric Obesity: Etiology, Pathogenesis, and Treatment* addresses the controversy with a range of features that make it a unique resource for those who care for obese children and their families. Written from a perspective that is international in scope, the distinguished authors re-assess the roles of genetic and environmental factors in the pathogenesis of childhood obesity and critically review new studies of the effects of lifestyle, pharmacologic, and surgical interventions. The evidence-based approach of *Pediatric Obesity: Etiology, Pathogenesis, and Treatment* provides a comprehensive and invaluable guide for all healthcare providers concerned with the evaluation and care of children with nutritional and metabolic disease and with the societal implications of the obesity epidemic.

## **Handbook of Childhood and Adolescent Obesity**

This title includes a number of Open Access chapters. Child obesity is a serious condition that affects children around the world in growing numbers. With obesity comes an increased risk of other chronic diseases as well, making it even more important to understand and treat this condition from a variety of angles. This current volume seeks to understand the phenomenon of child obesity and presents a range of viewpoints on its prevalence, causes, and treatments. The different sections contained within explore the following topics: • The worldwide prevalence of childhood obesity and its growing effect on children • The causes of childhood obesity and the complex interactions of genetic, environmental, social, and medical factors that contribute to its development • Proposed treatments, some intervention-based and others that aim to change how food is marketed and sold to youth This reference volume offers a comprehensive and thorough guide to a field that is rapidly expanding and points to new directions in research and public policy. Edited by a doctor with extensive experience as a researcher, writer, and medical practitioner, *The Childhood Obesity Epidemic* is an authoritative and easy-to-use reference that provides resources for researchers in the field, students, and anyone who wishes to gain an overview to this important field of study.

## **Pediatric Obesity**

The *Handbook of Children, Media and Development* brings together an interdisciplinary group of experts in the fields of developmental psychology, developmental science, communication, and medicine to provide an authoritative, comprehensive look at the empirical research on media and media policies within the field. 25 newly-commissioned essays bring new research to the forefront, especially on digital media, developmental research, and public policy debates Includes helpful introductions to each section, a theoretical overview of the field, and a final chapter that offers a vision of future research Contributors include key, international authorities in the field

## **The Childhood Obesity Epidemic**

This updated edition of the groundbreaking first edition identifies changes in U.S. children and adolescents' obesity levels within the past decade, examining factors contributing to obesity in this younger generation as well as possible solutions. This comprehensive review of obesity in childhood and adolescence describes the many factors that contribute to obesity, how to prevent it, and how to manage it in those who already experience its effects. Written by specialists in biological, psychological, social, and behavioral fields, these volumes take an interdisciplinary approach to the subject, offering readers a broad understanding of the systemic complexity of obesity from a public health perspective. The public must be aware of the deep and extensive roots of the problem in order to make informed decisions about policies related to school and nutritional practices, health care costs, and more. Factors contributing to obesity in children and adolescents range from obvious ones such as quantity of food consumed and amount of physical exercise undertaken to how friendly the neighborhood environment is for outdoor activities and the affordability of nutritional foods such as fruits and vegetables. With the information in these volumes, readers will feel empowered to help their clients, families, and communities.

## **The Handbook of Children, Media, and Development**

As the worldwide prevalence of morbid obesity among adolescents continues to rise, recent years have seen a large increase in the performance of adolescent bariatric surgery. While surgical intervention often becomes necessary when conservative weight-loss therapies have failed, no standards regarding the post-operative regimen and long-term management of adolescent patients have been established. Thus, the treatment of obesity and its co-morbidities requires a multidisciplinary approach, taking into account epidemiological, clinical, nutritional and genetic aspects of morbid obesity in the pediatric age group. This volume discusses both conventional therapy and surgical options for morbid obesity in the pediatric age group. In the first part, obesity-related diseases, genetics and psychological factors are analyzed. The second part focuses on current bariatric surgery procedures, including dietary restrictions and guidelines to prevent nutritional deficiencies common after surgery. Therefore, the book will prove an invaluable resource for pediatricians, surgeons, nutritionists, dieticians and all other health professionals who treat adolescent obesity.

## **Obesity in Childhood and Adolescence [2 volumes]**

The twin epidemics of obesity and type 2 diabetes mellitus (T2DM) continue to affect an ever increasing number of children, adolescents, and young adults. Management of Pediatric Obesity and Diabetes provides healthcare trainees and professionals with practical, comprehensive, and contemporary approaches to the pediatric patient at risk for obesity, T2DM, and related conditions. A unique guide on the subject, this volume provides clinical paradigms for diagnosis and management of pediatric T2DM and related conditions, while succinctly describing state-of-the-art basic and clinical sciences underlying these problems. The chapters in this volume are independent and concise. Each chapter focuses on a key clinical issue or mechanism of disease. Providing practical, data-driven resources based upon the totality of the evidence, this important text helps the reader understand the basics of pediatric obesity and T2DM and implement strategies to prevent and treat obesity and diabetes in children and adolescents. Management of Pediatric Obesity and Diabetes provides health professionals across many areas of research and practice with up-to-date, well-referenced, and comprehensive evidence on identification, treatment, and prevention of these chronic, serious, metabolic diseases in children. This volume will serve the reader as the most authoritative resource in the field to date.

## **Morbid Obesity in Adolescents**

Understanding the complex factors contributing to the growing childhood obesity epidemic is vital not only for the improved health of the world's future generations, but for the healthcare system. The impact of childhood obesity reaches beyond the individual family and into the public arenas of social systems and

government policy and programs. *Global Perspectives on Childhood Obesity* explores these with an approach that considers the current state of childhood obesity around the world as well as future projections, the most highly cited factors contributing to childhood obesity, what it means for the future both for children and society, and suggestions for steps to address and potentially prevent childhood obesity. This book will cover the multi-faceted factors contributing to the rapidly growing childhood obesity epidemic. The underlying causes and current status of rapidly growing obesity epidemic in children in the global scenario will be discussed. The strategies for childhood obesity prevention and treatment such as physical activity and exercise, personalized nutrition plans and school and community involvement will be presented.

## **Management of Pediatric Obesity and Diabetes**

This book aims to provide readers with a general as well as an advanced overview of the key trends in childhood obesity. Obesity is an illness that occurs due to a combination of genetic, environmental, psychosocial, metabolic and hormonal factors. The prevalence of obesity has shown a great rise both in adults and children in the last 30 years. It is known that one third of children who are obese in childhood and 80% of adolescents who are obese in their adolescent years continue to be obese later in life. Obesity is an important risk factor in serious illnesses such as heart disease, hyperlipidemia, hyperinsulinemia, hypertension and early atherosclerosis.

## **Global Perspectives on Childhood Obesity**

The nation faces a growing epidemic of childhood obesity that threatens the immediate health of our children and their prospects of growing up healthy into adulthood. During the past 30 years, obesity in the United States has more than doubled among young children aged 2-5 years and adolescents aged 12-19 years, and it has more than tripled among youth aged 6-11 years. Currently, more than 9 million children 6 years of age and older are considered to be obese. The sequelae of obesity among children and youth are also rapidly increasing, including an increased risk of type 2 diabetes, hypertension, metabolic syndrome, asthma, and social and psychological consequences including low self-esteem and depression. To develop a prevention-focused action plan to reduce the number of obese children and youth in the United States, the Institute of Medicine organized three regional symposia, and held its second regional symposium in Atlanta, Georgia on October 6-7, 2005. *Progress in Preventing Childhood Obesity: Focus on Communities* highlights the recurring themes that emerged from the symposium for accelerating change and moving forward with obesity prevention efforts: empower communities and neighborhoods, change the environment, forge strategic partnerships, garner and mobilize political support, educate stakeholders, identify leaders and build on cultural assets, collect and disseminate local data, evaluate programs and interventions, and translate successful interventions to other communities. Approximately 90 individuals active in childhood obesity prevention efforts in the southeastern region of the United States who represented a range of stakeholder perspectives and innovative practices in local communities including students, community leaders, physicians, health educators, clergy, teachers, and state and federal government officials were invited to participate in the symposium. The contents of this summary reflect specific examples presented and discussed during the symposium, and unless otherwise noted, the general perspectives of the participants. This summary, along with two other symposia summaries, and a more detailed discussion of insights and regional examples, will be incorporated in the IOM committee's final report on progress in preventing childhood obesity that will be released in the fall of 2006.

## **Childhood Obesity**

This title includes a number of Open Access chapters. Childhood obesity is a major public health crisis nationally and internationally. This insightful compendium provides valuable information and assesses the research foundations behind several school initiatives to help combat the epidemic of obesity in children and adolescents, particularly using interventions to increase physical activity. The book looks at the issue from three levels: first, the effects of unhealthy eating and lack of exercise on a number of health outcomes in



children and adolescents; second, successful small- and large-scale school-based interventions; and finally, synthesis of current literature and translation into specific guidelines and recommendations. Specific topics addressed in the book include:

- The appeal and benefits of outdoor versus indoor activity
- Cultural differences in physical activity
- Successful interventions and their continued success, or lack of, after several years
- The roles of family and community interventions
- Staff involvement in children's physical activities
- Specific programs, such as Plant Health, an antismoking intervention with unintended obesity intervention

Establishing healthy habits in youth This research provides schools with a strong foundation for implementing policies and practices that support healthy eating and regular physical activity. In the process, educators will be ensuring the best possible chance for increasing students' academic success, improving both physical and mental health, and decreasing the risk for myriad chronic diseases.

## **Progress in Preventing Childhood Obesity**

Obesity is one of the biggest public health challenges in the 21st century. Devising effective policy and practice to combat childhood obesity is a high priority for many governments and health professionals internationally. This book brings together contributors from around the world and showcases the latest evidence-based research on community and policy interventions to prevent unhealthy weight gain and improve the health and well-being of children. The authors highlight from the evidence available what is and what is not effective and provide recommendations on how to implement and evaluate promising interventions for obesity prevention. This book is an essential read for all public health practitioners, early childhood professionals, health care providers and clinicians working to reduce the prevalence of childhood obesity in their communities.

## **School Nutrition and Activity**

Childhood Obesity: Prevention and Treatment provides a comprehensive summary of the scientific knowledge available today concerning the control and treatment of obesity in children. Written for researchers in the areas of pediatrics, nutrition, dietetics, exercise, and physical education, this book analyzes scientific data and offers readers insight into the underlying factors, theoretical conclusions, and practical outcomes in treating childhood obesity. Although obesity is often accompanied with other functional and/or biochemical conditions, these health risks can be prevented and/or treated through the use of natural factors - provided there is a lack of additional pathological complications. Childhood Obesity: Prevention and Treatment outlines the results of reduction treatment using various approaches, including modified and/or hypocaloric diets, and exercise. Also included in the text are guidelines for an efficient intervention that should begin as early as possible in at-risk children. Offered are specific strategies concerning diet and exercise for various ages and degrees of obesity.

## **Preventing Childhood Obesity**

Clear, up-to-date guidance for professionals working with children with obesity One in every six children, and more in some ethnic groups, are obese, which can lead to serious health problems in adulthood. Successful treatment of young patients is complex, requiring time-intensive, evidence-based care delivered by a multidisciplinary team. Help is at hand with this well written, compact book by leading experts, which gives health professionals a clear overview of the current scientific knowledge on childhood obesity, from causality models and diagnosis to prevention and treatment. In particular, the authors outline a family-based treatment method which is best supported by the evidence and meets the recommendations of the American Academy of Pediatrics and other organizations. The appendix provides the clinician with hands-on tools: a session plan, a pretreatment assessment form, selfmonitoring forms, and a meal planning and physical activity worksheet. This book is essential reading for anyone who works with children and their families, equipping them to guide patients to appropriate and effective treatment.

## **Childhood Obesity**

The prevalence of childhood obesity is so high in the United States that it may reduce the life expectancy of today's generation of children. While parents and other adult caregivers play a fundamental role in teaching children about healthy behaviors, even the most positive efforts can be undermined by local environments that are poorly suited to supporting healthy behaviors. For example, many communities lack ready sources of healthy food choices, such as supermarkets and grocery stores. Or they may not provide safe places for children to walk or play. In such communities, even the most motivated child or adolescent may find it difficult to act in healthy ways. Local governments--with jurisdiction over many aspects of land use, food marketing, community planning, transportation, health and nutrition programs, and other community issues--are ideally positioned to promote behaviors that will help children and adolescents reach and maintain healthy weights. Local Government Actions to Prevent Childhood Obesity presents a number of recommendations that touch on the vital role of government actions on all levels--federal, state, and local--in childhood obesity prevention. The book offers healthy eating and physical activity strategies for local governments to consider, making it an excellent resource for mayors, managers, commissioners, council members, county board members, and administrators.

## **Childhood Obesity**

Pediatric obesity is an epidemic in the USA and other developed countries affecting more than 30% of children. Pediatric Obesity FAQs, part of the Geisinger Healthcare System FAQs series, is intended as a patient education resource for patients, family members, and the physicians who treat them. The book succinctly explains what obesity is, what contributes to so many children being obese, and how to determine if your child is obese. The authors provide brief, focused answers to common questions and important tips on what you can do as a parent to help you, your child, and your family live healthier lives. The text offers discussions of the different methods of treating childhood obesity before it creates significant problems into adulthood. The focus is on treating obesity through awareness, lifestyle changes, physical activity and nutrition. As with all titles in the FAQ Series, this book works to educate patients and provide concise, current information for common health conditions.

## **SCN News**

Rates of childhood obesity are alarmingly high and increasing each year. Studies have shown that obese children are more likely to become obese adults and are likely to suffer with numerous health consequences like coronary heart disease, high blood pressure, and Type II diabetes, among others. Studies also indicate that television viewing and exposure to advertising for food products influences children's attitudes toward, food preferences and food purchase requests for foods with low nutritional value. It is important to better understand the role of media in childhood obesity and to learn how media may be used to address this issue in a positive way. This book focuses on communication and media research that can have an impact on reducing childhood obesity. Emphasis is placed on topics related to how the media communicate health-related messages about food, nutrition and diet that influence childhood obesity. Particular emphasis is on the new media, given the fact that media now have more central roles in socializing today's children and youth than ever before. Advertising and marketing messages reach young consumers through a variety of vehicles – broadcast and cable television, radio, magazines, computers through the Internet, music, cell phones – and in many different venues – homes, schools, child-care settings, grocery stores, shopping malls, theaters, sporting events, and even airports. In addition, given the disparity in obesity rates between children of color and the general population, special attention is given to research on media targeting these populations.

## **Local Government Actions to Prevent Childhood Obesity**

A mantra has developed in the late 20th century and early 21st century that has an underlying bias against overweight and obese individuals, who are blamed for their "disease" and told by society to lose weight or

suffer the consequences. Art was used from 22,000 BC through the 19th century to glorify obesity, while art of the current era vilifies or mocks obesity. Considerable discrimination awaits the obese child, adolescent, or adult in current society, whether in the form of bullying in school, limited social life, or job refusal. Concern over obesity leads many youth to unhealthy diet practices that involve starvation and/or bulimic features. In this book, leading international experts discuss obesity in adolescence. Indeed, what are the ethics of obesity management for the health care professionals of today? Perhaps proper obesity management begins with an examination of why obesity was desired for so many centuries, an acceptance that obesity is not the patient's fault, that many overweight/obese individuals are happy as well as healthy and that the economics of current obesity \"treatment\" must be re-examined and reconfigured. This book has been created and edited by four leading physicians in child health and human development.

## **Pediatric Obesity FAQs**

Advances in Communication Research to Reduce Childhood Obesity

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