

# Childhood Obesity Public Health Crisis Common Sense Cure

Accelerating Progress in Obesity Prevention Handbook of Childhood and Adolescent Obesity Global Perspectives on Childhood Obesity Pediatric Nutrition in Chronic Diseases and Developmental Disorders Preventing Childhood Obesity Childhood Obesity in America Killer Fat The Surgeon General's Vision for a Healthy and Fit Nation Handbook of Childhood and Adolescent Obesity School Nutrition and Activity Adiposity Child and Adolescent Obesity A Big Fat Crisis Progress in Preventing Childhood Obesity Adiposity Encyclopedia of Obesity Epidemiology of Obesity in Children and Adolescents Childhood Obesity Prevention Global Perspectives on Childhood Obesity Advances in Communication Research to Reduce Childhood Obesity Stepped Care and e-Health Health IT as a Tool for Prevention in Public Health Policies Childhood Obesity Weighty Issues The Challenge of Obesity in the WHO European Region and the Strategies for Response Early Childhood Obesity Prevention Policies Salt Sugar Fat Underage and Overweight XL Love Bridging the Evidence Gap in Obesity Prevention Advanced Nutrition and Dietetics in Obesity The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity Obesity, Business and Public Policy Childhood Obesity Super-sized Kids Obesity and Lipotoxicity Schools, Corporations, and the War on Childhood Obesity Preventing Childhood Obesity Progress in Preventing Childhood Obesity Evolution of Cardio-Metabolic Risk from Birth to Middle Age

## Accelerating Progress in Obesity Prevention

Obesity is the public health crisis of the twenty-first century. Over 150 million Americans are overweight or obese, and across the globe an estimated 1.5 billion are affected. In *A Big Fat Crisis*, Dr. Deborah A. Cohen has created a major new work that will transform the conversation surrounding the modern weight crisis. Based on her own extensive research, as well as the latest insights from behavioral economics and cognitive science, Cohen reveals what drives the obesity epidemic and how we, as a nation, can overcome it. Cohen argues that the massive increase in obesity is the product of two forces. One is the immutable aspect of human nature, namely the fundamental limits of self-control and the unconscious ways we are hard-wired to eat. And second is the completely transformed modern food environment, including lower prices, larger portion sizes, and the outsized influence of food advertising. We live in a food swamp, where food is cheap, ubiquitous, and insidiously marketed. This, rather than the much-discussed "food deserts," is the source of the epidemic. The conventional wisdom is that overeating is the expression of individual weakness and a lack of self-control. But that would mean that people in this country had more willpower thirty years ago, when the rate of obesity was half of what it is today! The truth is that our capacity for self-control has not shrunk; instead, the changing conditions of our modern world have pushed our limits to such an extent that more and more of us are simply no longer up to the challenge. Ending this public health crisis will require solutions that transcend the advice found in diet books. Simply urging people to eat less sugar, salt, and fat has not worked. *A Big Fat Crisis* offers concrete recommendations and sweeping policy changes—including implementing smart and effective regulations and constructing a more balanced food environment—that represent nothing less

than a blueprint for defeating the obesity epidemic once and for all

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

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.

## **Global Perspectives on Childhood Obesity**

This book is the second in a series of two, featuring the Adiposity - Omics and Molecular Understanding, serving as an introduction to modern views on how the adipocytes are reciprocally interacting with organ systems in order to explain the biology of the body's fat cells and how they are integrated with other organ systems, like muscle cells and the liver, in order to control the lipid metabolism in our bodies, to finally preserve a positive balance between white and brown/beige adipocyte tissues (WAT and BAT). The understanding of the "omics" of obesity will therefore enable clinicians and researchers to better pursue the untoward incidents of metabolic deviations from a defined and health-bringing homeostasis, with fully responding WAT and BAT, being able to preserve a healthy balance between fat-producing and fat-metabolizing tissues for the benefit of the host, and thus longevity (optimal health with healthy, well-functioning organ systems) throughout a lifetime.

## **Pediatric Nutrition in Chronic Diseases and Developmental Disorders**

Discusses the reasons for childhood obesity and offers parents tips and strategies for helping children develop healthy eating habits in an eight-week plan based on individual needs.

## **Preventing Childhood Obesity**

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.

## **Childhood Obesity in America**

One-third of adults are now obese, and children's obesity rates have climbed from 5 to 17 percent in the past 30 years. The causes of the nation's obesity epidemic are multi-factorial, having much more to do with the absence of sidewalks and the limited availability of healthy and affordable foods than a lack of personal responsibility. The broad societal changes that are needed to prevent obesity will inevitably affect activity and eating environments and settings for all ages. Many aspects of the obesity problem have been identified and discussed; however, there has not been complete agreement on what needs to be done to accelerate progress. *Accelerating Progress in Obesity Prevention* reviews previous studies and their recommendations and presents five key recommendations to accelerate meaningful change on a societal level during the next decade. The report suggests recommendations and strategies that, independently, can accelerate progress, but urges a systems approach of many strategies working in concert to maximize progress in accelerating obesity prevention. The recommendations in *Accelerating Progress in Obesity Prevention* include major reforms in access to and opportunities for physical activity; widespread reductions in the availability of unhealthy foods and beverages and increases in access to healthier options at affordable, competitive prices; an overhaul of the messages that surround Americans through marketing and education with respect to physical activity and food consumption; expansion of the obesity prevention support structure provided by health care providers, insurers, and employers; and schools as a major national focal point for obesity prevention. The report calls on all individuals, organizations, agencies, and sectors that do or can influence physical activity and nutrition environments to assess and begin to act on their potential roles as leaders in obesity prevention.

## **Killer Fat**

The effects of obesity have become practically ubiquitous in the US. This book aims to provide an alternative framework through which to explore the important and controversial obesity debate that has spilled over from the medical community. This book is not about obesity as a medical condition, nor does it offer a wide-ranging discussion on the health effects of obesity or the role of the 'right' diet.

## **The Surgeon General's Vision for a Healthy and Fit Nation**

This book is the first in a series of two, featuring the Adiposity - Epidemiology and Treatment Modalities, serving as a summary of the traditional views on how the organ systems are affected when higher organs start to suffer from enhanced body weight, where most of this additional weight consists of white adipose tissue (WAT). The understanding of the "epidemiology" of obesity will consequently enable clinicians and researchers to better understand the untoward "trends" of "metabolic aberrations" from a well-organized and health-bringing homeostasis, with fully responding WAT and BAT, thus enabling a balance between fat-producing and fat-metabolizing tissues for the benefit of the various organ systems taking care of the fat and carbohydrate metabolism, normally yielding a balanced energy turnover, ensuring "healthy" cell phenotypes, which optimally coordinate the energy metabolism in a well-functioning organism throughout a lifetime.

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

This much-needed resource comprehensively reviews the current status of research on nutrition in chronic diseases and developmental disorders of children and helps translate this research into clinical practice. It provides a wealth of information on the nutritional implications of diseases' states; how nutrition can affect brain development, learning child behavior and how to improve the health status of pediatric patients through nutritional measures. Assessment, prevention, and treatment are all covered. The chapters focus on biochemical and clinical abnormalities, techniques for evaluating nutrition including behavior, nutritional management, and follow-up procedures. Well-organized and user-friendly, the book will continue to be of great value to pediatricians, nutritionists, gastroenterologists, neurologists, family practitioners, and dietitians as well as students and residents in those fields. The Second Edition has been thoroughly updated and includes new chapters on botanicals, genetics and nutritional aspects of birth defects, vegetarianism, obesity/eating disorders, autism, and attention deficit-hyperactivity disorder, among other topics. Also available from the author is a Self-Study Guide with multiple choice questions and a few case studies 35 CPE/CME credits are available until 2015. For more information contact Dr. Ekvall at [ekvallr@aol.com](mailto:ekvallr@aol.com) or [shirley.ekvall@uc.edu](mailto:shirley.ekvall@uc.edu) or call 513-522-1403.

## **School Nutrition and Activity**

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.

## **Adiposity**

That precursors of adult coronary artery disease, hypertension, and type II diabetes begin in childhood have been clearly established by the Bogalusa Heart Study. This unique research program has been able to follow a biracial (black/white) population over 35 years from childhood through mid-adulthood to provide perspectives on the natural history of adult heart diseases. Not only do these observations describe trajectories of cardio-metabolic risk variables leading to these diseases but provide a rationale for the need to begin prevention beginning in childhood. The trajectories of the burden of cardio-metabolic risk variables in the context of their fetal origin and chromosome telomere dynamics provide some insight into the metabolic imprinting in utero and aging process. The observed racial contrasts on cardio-metabolic risk variables implicate various biologic pathways interacting with environment contributing to the high morbidity and mortality from related diseases in our population. To address the seriousness of the onset of cardiovascular disease in youth, approaches to primordial prevention are described focussing on childhood health education as an important aspect of Preventive Cardiology.

## **Child and Adolescent Obesity**

The remarkable increase in the prevalence of obesity among children and youth in the United States over a relatively short timespan represents one of the defining public health challenges of the 21st century. The country is beginning to recognize childhood obesity as a major public health epidemic that will incur substantial costs to the nation. However, the current level of investment by the public and private sectors still does not match the extent of the problem. There is a substantial underinvestment of resources to adequately address the scope of this obesity crisis. At this early phase in addressing the epidemic, actions have begun on a number of levels to improve the dietary patterns and to increase the physical activity levels of young people. Schools, corporations, youth-related organizations, families, communities, foundations, and government agencies are working to implement a variety of policy changes, new programs, and other interventions. These efforts, however, generally remain fragmented and small in scale. Moreover,

the lack of systematic monitoring and evaluation of interventions have hindered the development of an evidence base to identify, apply, and disseminate lessons learned and to support promising efforts to prevent childhood obesity. Progress in Preventing Childhood Obesity: How Do We Measure Up? examines the progress made by obesity prevention initiatives in the United States from 2004 to 2006. This book emphasizes a call to action for key stakeholders and sectors to commit to and demonstrate leadership in childhood obesity prevention, evaluates all policies and programs, monitors their progress, and encourages stakeholders to widely disseminate promising practices. This book will be of interest to federal, state, and local government agencies; educators and schools; public health and health care professionals; private-sector companies and industry trade groups; media; parents; and those involved in implementing community-based programs and consumer advocacy.

## **A Big Fat Crisis**

Promotes the recognition, treatment, and prevention of conditions of overweight and obesity in the United States.

## **Progress in Preventing Childhood Obesity**

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.

## **Adiposity**

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

## **Encyclopedia of Obesity**

Health IT as a Tool for Prevention in Public Health Policies examines the current state of Health Information Technology (HIT) in the United States. It investigates the converging problems of chronic disease, societal welfare, childhood obesity, and the lack of healthcare for the economically disadvantaged in the U.S. It considers various providers of care for disadvantaged groups and outlines innovative public policy solutions to a wide range of community problems. The book starts by detailing the major problems the U.S. has faced with its healthcare system. Next, it describes current federal efforts to solve these problems and unveils novel solutions to these challenges. Each chapter examines a different technological solution that the U.S. is currently investing in and allocating time, resources, and energy to. Supplying a basic theoretical foundation on the Patient Protection and Affordable Care Act (PPACA) and the Health Information Technology for Economic and Clinical Health (HITECH) Act, the book discusses the effects of geographic disparities and HIT at the meso, macro, and micro levels of society. It also demonstrates how individuals can use a range of HITs to improve prevention of health concerns, including mobile health apps, video games, self-management technologies, crowdsourcing, and other e-health technologies. The book describes HIEs, RHIOs, and NHIN and explains how they connect to Community Health Centers (CHCs). It also explains how CHCs can use HIT to improve care for the disadvantaged and Medicaid population. It includes a case study of electronic health literacy and cancer patients and another on how equipping private practice physicians with EMRs can help them tackle prevention and improve organizational functioning. The book concludes by providing a comparative perspective between the use of HIT in the U.S. and the United Kingdom and by suggesting the direction that the U.S. should take toward cloud-based solutions to its e-health infrastructure.

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

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.

## **Childhood Obesity Prevention**

## **Global Perspectives on Childhood Obesity**

Our nation stands at a crossroads. Today's epidemic of overweight and obesity threatens the historic progress we have made in increasing American's quality and years of healthy life. Two-third of adults and nearly one in three children are overweight or obese. In addition, many racial and ethnic groups and geographic

regions of the United States are disproportionately affected. The sobering impact of these numbers is reflected in the nation's concurrent epidemics of diabetes, heart disease, and other chronic diseases. If we do not reverse these trends, researchers warn that many of our children—our most precious resource—will be seriously afflicted in early adulthood with medical conditions such as diabetes and heart disease. This future is unacceptable. The Surgeon General asks you to join me in combating this crisis. Every one of us has an important role to play in the prevention and control of obesity. Mothers, fathers, teachers, business executives, child care professionals, clinicians, politicians, and government and community leaders—we must all commit to changes that promote the health and wellness of our families and communities. As a nation, we must create neighborhood communities that are focused on healthy nutrition and regular physical activity, where the healthiest choices are accessible for all citizens. Children should be having fun and playing in environments that provide parks, recreational facilities, community centers, and walking and bike paths. Healthy foods should be affordable and accessible. Increased consumer knowledge and awareness about healthy nutrition and physical activity will foster a growing demand for healthy food products and exercise options, dramatically influencing marketing trends. Hospitals, work sites, and communities should make it easy for mothers to initiate and sustain breastfeeding as this practice has been shown to prevent childhood obesity. Working together, we will create an environment that promotes and facilitates healthy choices for all Americans. And we will live longer and healthier lives. In the 2001 Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, former Surgeon General David Satcher, MD, PhD, warned us of the negative effects of the increasing weight of our citizens and outlined a public health response to reverse the trend. Although we have made some strides since 2001, the prevalence of obesity, obesity-related diseases, and premature death remains too high. The Surgeon General is calling on all Americans to join in a national grassroots effort to reverse this trend. Plans include showing people how to choose nutritious food, add more physical activity to their daily lives, and manage the stress that so often derails their best efforts at developing healthy habits. The real goal is not just a number on a scale, but optimal health for all Americans at every stage of life. To achieve this goal, we must all work together to share resources, educate our citizens, and partner with business and government leaders to find creative solutions in our neighborhoods, towns, and cities from coast to coast. Together, we can become a nation committed to become healthy and fit.

## **Advances in Communication Research to Reduce Childhood Obesity**

In the past decade, obesity has emerged as a major public health concern in the United States and abroad. At the federal, state, and local level, policy makers have begun drafting a range of policies to fight a war against fat, including body-mass index (BMI) report cards, “snack taxes,” and laws to control how fast food companies market to children. As an epidemic, obesity threatens to weaken the health, economy, and might of the most powerful nation in the world. In *Killer Fat*, Natalie Boero examines how and why obesity emerged as a major public health concern and national obsession in recent years. Using primary sources and in-depth interviews, Boero enters the world of bariatric surgeries, Weight Watchers,

and Overeaters Anonymous to show how common expectations of what bodies are supposed to look like help to determine what sorts of interventions and policies are considered urgent in containing this new kind of disease. Boero argues that obesity, like the traditional epidemics of biological contagion and mass death, now incites panic, a doomsday scenario that must be confronted in a struggle for social stability. The “war” on obesity, she concludes, is a form of social control. Killer Fat ultimately offers an alternate framing of the nation’s obesity problem based on the insights of the “Health at Every Size” movement.

## **Stepped Care and e-Health**

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. [Click here to view the foreword by Sir Michael Marmot](#)

## **Health IT as a Tool for Prevention in Public Health Policies**

Due to the resultant health consequences and considerable increase in prevalence, obesity has become a major worldwide health problem. “Obesity and Lipotoxicity” is a comprehensive review of the recent researches to provide a better understanding of the lipotoxicity-related mechanisms of obesity and the potential for the development of new treatment strategies. This book overviews the biochemical pathways leading to obesity-related metabolic disorders that occur subsequent to lipotoxicity. Chapters examine the deleterious effects of nutrient excess at molecular level including the cellular and molecular aspects of breast cancer, resistance to leptin, insulin, adiponectin, and interconnection between the circadian clock and metabolic pathways during high-fat feeding. “Lipotoxicity and Obesity” will be a useful resource for clinicians and basic science researchers, such as biochemists, toxicologists, immunologists, nutritionists, adult and pediatric endocrinologists, cardiologists, as well as students who are thought in this field.

## **Childhood Obesity**

The remarkable increase in the prevalence of obesity among children and youth in the United States over a relatively short timespan represents one of the defining

public health challenges of the 21st century. The country is beginning to recognize childhood obesity as a major public health epidemic that will incur substantial costs to the nation. However, the current level of investment by the public and private sectors still does not match the extent of the problem. There is a substantial underinvestment of resources to adequately address the scope of this obesity crisis. At this early phase in addressing the epidemic, actions have begun on a number of levels to improve the dietary patterns and to increase the physical activity levels of young people. Schools, corporations, youth-related organizations, families, communities, foundations, and government agencies are working to implement a variety of policy changes, new programs, and other interventions. These efforts, however, generally remain fragmented and small in scale. Moreover, the lack of systematic monitoring and evaluation of interventions have hindered the development of an evidence base to identify, apply, and disseminate lessons learned and to support promising efforts to prevent childhood obesity. Progress in Preventing Childhood Obesity: How Do We Measure Up? examines the progress made by obesity prevention initiatives in the United States from 2004 to 2006. This book emphasizes a call to action for key stakeholders and sectors to commit to and demonstrate leadership in childhood obesity prevention, evaluates all policies and programs, monitors their progress, and encourages stakeholders to widely disseminate promising practices. This book will be of interest to federal, state, and local government agencies; educators and schools; public health and health care professionals; private-sector companies and industry trade groups; media; parents; and those involved in implementing community-based programs and consumer advocacy.

## **Weighty Issues**

In a brief, clear and easily accessible way, this summary illustrates the dynamics of the obesity epidemic and its impact on public health throughout the WHO European Region, particularly in eastern countries. It describes how factors that increase the risk of obesity are shaped in different settings, such as the family, school, community and workplace. It makes both ethical and economic arguments for accelerating action against obesity, and analyses effective programs and policies in different government sectors, such as education, health, agriculture and trade, urban planning and transport. The summary also describes how to design policies and programs to prevent obesity and how to monitor progress, and calls for specific action by stakeholders: not only government sectors but also the private sector - including food manufacturers, advertisers and traders - and professional consumers' and international and intergovernmental organizations such as the European Union.

## **The Challenge of Obesity in the WHO European Region and the Strategies for Response**

To battle the obesity epidemic in America, health care professionals and policymakers need relevant, useful data on the effectiveness of obesity prevention policies and programs. Bridging the Evidence Gap in Obesity Prevention identifies a new approach to decision making and research on obesity prevention to use a systems perspective to gain a broader understanding of the context of obesity and

the many factors that influence it.

## **Early Childhood Obesity Prevention Policies**

Obesity among American children has reached epidemic proportions. Laura Dawes traces changes in diagnosis, treatment, and popular conceptions of the most serious health problem facing American children today, and makes the case that understanding the cultural history of a disease is critical to developing effective public health policy.

## **Salt Sugar Fat**

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.

## **Underage and Overweight**

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.

## **XL Love**

This volume examines the causes and consequences of increasing rates of obesity

and overweight among children. In addition, it reviews specific policies and programs aimed at reducing obesity and overweight and the related health problems that result. Contents: Introducing the Issue Christina Paxson and Elisabeth Donahue (Princeton University) Childhood Obesity: Trends and Potential Causes Patricia M. Anderson (Dartmouth College) and Kristin F. Butcher (Federal Reserve Bank of Chicago) The Consequences of Childhood Overweight and Obesity Stephen R. Daniels (University of Cincinnati College of Medicine and Cincinnati Children's Hospital Medical Center) Treating Childhood Obesity and Associated Medical Conditions Sonia Caprio (Yale University School of Medicine) The Role of Built Environments in Physical Activity, Eating, and Obesity in Children James F. Sallis (San Diego State University and Robert Wood Johnson Foundation) and Karen Glanz (Emory University) The Role of Child Care Settings in Obesity Prevention Mary Story and Karen Kaphingst (University of Minnesota and Robert Wood Johnson Foundation), and Simone French (University of Minnesota). The Role of Schools in Obesity Prevention Mary Story, Karen Kaphingst, and Simone French Markets and Childhood Obesity Policy John Cawley (Cornell University) The Role of Parents in Preventing Childhood Obesity Ana C. Lindsay, Juhee Kim, and Steven Gortmaker (Harvard School of Public Health), and Katarina M. Sussner (Harvard Graduate School of Arts and Sciences)

## **Bridging the Evidence Gap in Obesity Prevention**

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## **Advanced Nutrition and Dietetics in Obesity**

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.

## **The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity**

Challenging the idea that the corporate 'war' against childhood obesity is normal, necessary, or harmless, this book exposes healthy lifestyles education as a form of mis-education that shapes how students learn about health, corporations, and

consumption. Drawing on ethnographic research and studies from across the globe, this book explores how corporations fund, devise, and implement various programmes in schools as 'part of the solution' to childhood obesity. Including perspectives from children, teachers, school leaders, and both public and private external providers on how children's health and 'healthy consumption' is understood and experienced, this book is divided into eight accessible chapters which include: Schooling the childhood obesity 'crisis'; The corporate 'gift' of healthy lifestyles; 'Coming together' to solve obesity; Learning about health, fatness, and 'good' choices; and Shaping the (un)healthy child-consumer Schools, Corporations, and the War on Childhood Obesity is the perfect resource for postgraduate students and academics working in the public health or education field, or those taking courses on the sociology of education, health and physical education, curriculum, pedagogy, ethnography, or critical theory, who are looking to gain an insight into the current situation surrounding obesity and health in corporations and schools.

## **Obesity, Business and Public Policy**

"Offers much valuable advice on how parents and communities can address the problem." -- The New York Times A groundbreaking study: Includes a 7-step plan for raising healthy-weight children. In 2001, the U.S. Surgeon General issued a press release to the American public containing some disturbing statistics: 14 percent of teenagers and 13 percent of children were overweight or obese. This skyrocketing figure is associated with increases in high cholesterol, high blood pressure, and type 2 diabetes, as well as higher obesity figures in the adult population. In response to the growing crisis affecting America's youth, Frances M. Berg, MS, LN, brings her lifetime of knowledge to bear on the problem of obesity in children and teens in the groundbreaking book *Underage and Overweight: America's Childhood Obesity Epidemic*. Studies and statistics prove that diets and exercise regimens don't work on children and teens; instead, they can lead to eating disorders, malnutrition, and increased weight gain in the long run. More than a diet and exercise plan, *Underage and Overweight* encourages families to promote a more active lifestyle and provide healthier food choices, rather than prescribing aerobics and limiting portions. A helpful and insightful guide to healthy living for the whole family, *Underage and Overweight* encourages provides solutions for parents who want to learn how to help their children lead healthier, more active lives.

## **Childhood Obesity**

Childhood obesity is a serious health problem that has adverse and long-lasting consequences for individuals, families, and communities. The magnitude of the problem has increased dramatically during the last three decades and, despite some indications of a plateau in this growth, the numbers remain stubbornly high. Efforts to prevent childhood obesity to date have focused largely on school-aged children, with relatively little attention to children under age 5. However, there is a growing awareness that efforts to prevent childhood obesity must begin before children ever enter the school system. *Early Childhood Obesity Prevention Policies* reviews factors related to overweight and obese children from birth to age 5, with a focus on nutrition, physical activity, and sedentary behavior, and recommends

policies that can alter children's environments to promote the maintenance of healthy weight. Because the first years of life are important to health and well-being throughout the life span, preventing obesity in infants and young children can contribute to reversing the epidemic of obesity in children and adults. The book recommends that health care providers make parents aware of their child's excess weight early. It also suggests that parents and child care providers keep children active throughout the day, provide them with healthy diets, limit screen time, and ensure children get adequate sleep. In addition to providing comprehensive solutions to tackle the problem of obesity in infants and young children, Early Childhood Obesity Prevention Policies identifies potential actions that could be taken to implement those recommendations. The recommendations can inform the decisions of state and local child care regulators, child care providers, health care providers, directors of federal and local child care and nutrition programs, and government officials at all levels.

## **Super-sized Kids**

From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. Salt Sugar Fat is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

## **Obesity and Lipotoxicity**

Stepped care provides the least intrusive intervention to individuals seeking treatment by providing a range of treatment intensities. In the past two decades, computers and the internet have provided a new and efficient medium that lends well to adding steps in a stepped-care model. While there is ample evidence to support the positive effects of bibliotherapy or self-help books, computer-aided therapy (also known as e-health) has the potential to take these effects even further. This volume will be of interest to practitioners and organizations attempting to serve rural and underserved communities. The book focuses on evidence-based treatment, making it consistent with quality improvement initiatives.

## **Schools, Corporations, and the War on Childhood Obesity**

This addition to the British Dietetic Association Advanced Nutrition and Dietetics book series is written for clinicians and researchers who work with any aspect of

obesity and its comorbid conditions. Featuring contributions from leading researchers and practitioners from around the globe *Advanced Nutrition and Dietetics in Obesity* offers a uniquely international perspective on what has become a worldwide public health crisis. Chapters cover a full range of new ideas and research on the underlying drivers of obesity in populations including discussions on the genetic and clinical aspects of obesity, along with expert recommendations on how to effectively manage and prevent this chronic and persistent disease. Providing a comprehensive overview of the key literature in this field, *Advanced Nutrition and Dietetics in Obesity* is an invaluable resource for all those whose work should or does embrace any aspect of obesity.

## **Preventing Childhood Obesity**

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.

## **Progress in Preventing Childhood Obesity**

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.

## **Evolution of Cardio-Metabolic Risk from Birth to Middle Age**

With two out of every three Americans overweight or obese, it's all hands on deck--scientists are studying how excess fat changes physical and mental health,

demographers are calculating how it's shortening life spans, and economists are debating the impact it has on America's productivity and global competitiveness. But how weight affects intimacy and sexuality is barely discussed. Yet it's a question of high importance for the tens of millions of Americans who are overweight or obese and having difficulty sexually and romantically. It is changing and complicating the mating game and married life alike; stunting the ability of young people to find happiness; and tipping some heavy, but otherwise happy, couples into divorce. For many, a larger body has meant a more troubled mind: a decline in sexual quality, an increase in self-loathing, and a tendency to let these factors stand in the way of love. In *XL Love*, Varney travels the country and tells the personal stories of men and women who are experiencing what millions of others feel every day, along with the stories of those who are in the business of helping them: physicians, researchers, scientists, psychologists, sociologists, and more. Analytic and immersive, personal and eye-opening, *XL Love* tackles the question: How is sex changing in America as the shape of Americans changes?

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