

Childhood Obesity Public Health Crisis Common Sense Cure

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.

New evidence this year corroborates the rise in world hunger observed in this report last year, sending a warning that more action is needed if we aspire to end world hunger and malnutrition in all its forms by 2030. Updated estimates show the number of people who suffer from hunger has been growing over the past three years, returning to prevailing levels from almost a decade ago. Although progress continues to be made in reducing child stunting, over 22 percent of children under five years of age are still affected. Other forms of malnutrition are also growing: adult obesity continues to increase in countries irrespective of their income levels, and many countries are coping with multiple forms of malnutrition at the same time – overweight and obesity, as well as anaemia in women, and child stunting and wasting.

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. Obesity is a global epidemic and an urgent health crisis impacting human health and health services, with the economic consequences of loss of human capital. It is a crisis for health professionals, health economists and government officials managing finite resources and the economy with premature loss of life and economic productivity. In this *Frontiers Research Topic*, researchers from a breadth of disciplines internationally contributed reviews, meta-analyses and novel data on the challenges obesity presents in attempts to stimulate debate on strategies and solutions for this crisis. A science journalist's provocative exploration of how biology, psychology, media, and culture come together to shape our ongoing obsession with our bodies, while also tackling the myths and realities of the "obesity epidemic." Childhood obesity is one of the most pressing global public health challenges of the 21st century. In response, States need to employ a multisectoral approach including labelling rules, food marketing restrictions and fiscal policies. However, these legal measures interact in a complex fashion with international economic and human rights law raising a range of legal questions. This timely book edited by Garde, Curtis and De Schutter explores these questions offering insightful perspectives. Of fundamental interest to legal professionals and academics, *Ending Childhood Obesity* also makes the legal complexities accessible to a broad range of public health and other policy actors addressing obesity and related non-communicable diseases.

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.

'Urban Sprawl and Public Health' offers a survey of the impact that the built environment can have on the health of the people who inhabit our cities. The authors go on to suggest ways in which the design of cities could be improved & have a positive impact on the well-being of their citizens.

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.

Global Perspectives on Childhood Obesity Current Status, Consequences and Prevention Academic Press

Get a quick, expert overview of the many key facets of obesity management with this concise, practical resource by Dr. Jolanta Weaver. Ideal for any health care professional who cares for patients with a weight problem. This easy-to-read reference addresses a wide range of topics – including advice on how to "unpack" the behavioral causes of obesity in order to facilitate change, manage effective communication with patients suffering with weight problems and future directions in obesity medicine. Features a wealth of information on obesity, including hormones and weight problems, co-morbidities in obesity, genetics and the onset of obesity, behavioral aspects and psychosocial approaches to obesity management, energy and metabolism management, and more. Discusses pharmacotherapies and surgical approaches to obesity. Consolidates today's available information and guidance in this timely area into one convenient resource.

Global Perspectives on Childhood Obesity: Current Status, Consequences and Prevention, Second Edition examines the current childhood obesity epidemic, outlines the consequences of this crisis, and develops strategies to forestall and prevent it. This book provides a thorough investigation of the causes of childhood obesity and, more importantly, offers specific prevention strategies that can be used by medical and mental health professionals, policymakers, community organizers, and individuals. New chapters on BMI and cardiovascular disease, exercise, neurotransmitters, neurocognition, nutrigenomics and combined prevention strategies are included, making this a solid introduction

on the childhood obesity crisis. Researchers, practitioners, and advanced students in public health, health policy, and health economics, as well those working in medicine, pharmacy, nutrition, school health, physiology, and neuroscience related to obesity will find this to be a comprehensive resource. Covers the multifaceted factors contributing to the rapidly growing childhood obesity epidemic Includes new chapters on BMI and cardiovascular disease, exercise, neurotransmitters, self-regulation, and prevention strategies Examines strategies for childhood obesity prevention and treatment, such as physical activity and exercise, personalized nutrition plans, and school and community involvement

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.

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

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.

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.

This volume reviews recent findings on the physiological, genetic, environmental and behavioural factors that predispose children and adolescents to obesity and explores clinical and public health strategies for treatment and prevention.

Written by an international group of experts, the book provides a global perspective on the epidemic of childhood obesity and includes studies of children and adolescents in both industrialized and developing countries. A major focus of the book is on environmental factors - such as high energy density fast food, inadequate physical activity and excessive television viewing - that contribute to paediatric obesity.

Almost one in four people in OECD countries is currently obese. This epidemic has far-reaching consequences for individuals, society and the economy. Using microsimulation modelling, this book analyses the burden of obesity and overweight in 52 countries (including OECD, European Union and G20 countries), showing how overweight reduces life expectancy, increases healthcare costs, decreases workers' productivity and lowers GDP. The report makes the urgent economic case to scale up investments in policies to promote healthy lifestyles and tackle this growing global public health problem. The book evaluates a number of policies which could significantly improve health outcomes while being an excellent investment for countries.

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.

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.

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.

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.

The book opens by acquainting readers with key genetic influences and dietary patterns, and later chapters on treatment and prevention are written from medical and public health perspectives. But contributors focus primarily on psychological aspects of obesity such as teasing, body image, and co-morbidity with mental disorders as well as the psychosocial consequences for children, families and the larger society. - Publisher.

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.

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. This volume provides a comprehensive overview on developmental origins of health and disease regarding various factors related to the origins of non-communicable diseases (NCDs) from early life. It offers a summary of the impacts of various factors such as epigenetics; gene-environment interaction; ethnic predisposition to NCDs and their risk factors; prenatal factors; fetal programming; maternal weight status and weight gain during pregnancy; type of feeding during infancy; growth pattern during childhood; obesity; stunting; socioeconomic status; dietary and physical activity habits; as well as environmental factors including air pollution and global climate change on the development and progress of NCDs.

"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.

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.

Malnutrition, in every form, presents significant threats to human health. The world today is facing a double burden of malnutrition which includes both under nutrition and overweight, especially in developing countries. Childhood obesity is one of the most serious public health challenges of the 21st century which is emerging among all ages and socio-economic groups. The belief that obesity or over-nutrition was the problem of developed countries alone is no longer true. The prevalence of obesity seems to be increasing in most parts of the world, even where it used to be rare. Obesity is not a disease in itself but rather a complex symptom. The cause of obesity is complex and multi-factorial, within the context of environmental, social and genetic factors. Hence, this study was conducted to determine the prevalence and the factors contributing to overweight/obesity as it would be a useful tool in planning and developing appropriate intervention methods.

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?

Childhood Obesity Prevention in Texas summarizes the information gathered at a workshop held February 5-6, 2009, in Austin, Texas. At this workshop, committee members met with Texas lawmakers, public officials, and community leaders to exchange ideas and to view first-hand strategies that are being implemented effectively at the state and local levels to prevent and reverse childhood obesity. Texas leaders at the workshop expressed the strong belief that the state's

economic vitality and security depend on the health of its population. Accordingly, the state is no longer simply describing the personal, community, and financial costs of its obesity crisis; it is taking proactive steps to address the problem through strategic initiatives. An overarching strategy is to address obesity by targeting the state's youth, in whom it may be possible to instill healthy behaviors and lifestyles to last a lifetime. A guiding principle of these efforts is that they should be evidence based, community specific, sustainable, cost-effective, and supported by effective partnerships. Moreover, the goal is for the responsibility to be broadly shared by individuals, families, communities, and the public and private sectors.

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.

Comprehensive in scope and meticulously researched, Handbook of Obesity Prevention analyzes the intricate causes of this public health crisis, and sets out concrete, multilevel strategies for meeting it head-on. This innovative handbook clearly defines obesity in clinical, epidemiologic, and financial terms, and offers guidelines for planning and implementing programs and evaluating results. This systematic approach to large-scale social and policy change gives all parties involved—from individual practitioners to multinational corporations—the tools to set and attain realistic goals based on solid evidence and best practice in public health. A sample of topics covered: The individual: risk factors and prevention across the lifespan, specific populations (pregnant women, ethnic and regional groups). Levers for change in schools and workplaces. Community settings: role of the physical environment. "De-marketing" obesity: food industries and the media. Grassroots action: consumers and communities. The global obesity epidemic: rapid developments, potential solutions. From obesity prevention to health promotion: the future of the field. Its level of detail and wide range of topics make the Handbook of Obesity Prevention a bedrock sourcebook, overview, reference, or teaching text. Read by topic or cover to cover, here is accurate, up-to-date information for professionals and students in all areas of public health. For the first time in decades, promising news has emerged regarding efforts to curb the obesity crisis in the United States. Obesity rates have fallen among low-income children in 18 states, the prevalence of obesity has plateaued

among girls, regardless of ethnicity, and targeted efforts in states such as Massachusetts have demonstrably reduced the prevalence of obesity among children. Although the reasons for this turnaround are as complex and multifaceted as the reasons for the dramatic rise in obesity rates in recent decades, interventions to improve nutrition and increase physical activity are almost certainly major contributors. Yet major problems remain. Diseases associated with obesity continue to incur substantial costs and cause widespread human suffering. Moreover, substantial disparities in obesity rates exist among population groups, and in some cases these disparities are widening. Some groups and regions are continuing to experience increases in obesity rates, and the prevalence of severe obesity is continuing to rise. The Current State of Obesity Solutions in the United States is the summary of a workshop convened in January 2014 by the Institute of Medicine Roundtable on Obesity Solutions to foster an ongoing dialogue on critical and emerging implementation, policy, and research issues to accelerate progress in obesity prevention and care. Representatives of public health, health care, government, the food industry, education, philanthropy, the nonprofit sector, and academia met to discuss interventions designed to prevent and treat obesity. The workshop focused on early care and education, schools, worksites, health care institutions, communities and states, the federal government, and business and industry. For each of these groups, this report provides an overview of current efforts to improve nutrition, increase physical activity, and reduce disparities among populations.

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.

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.

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