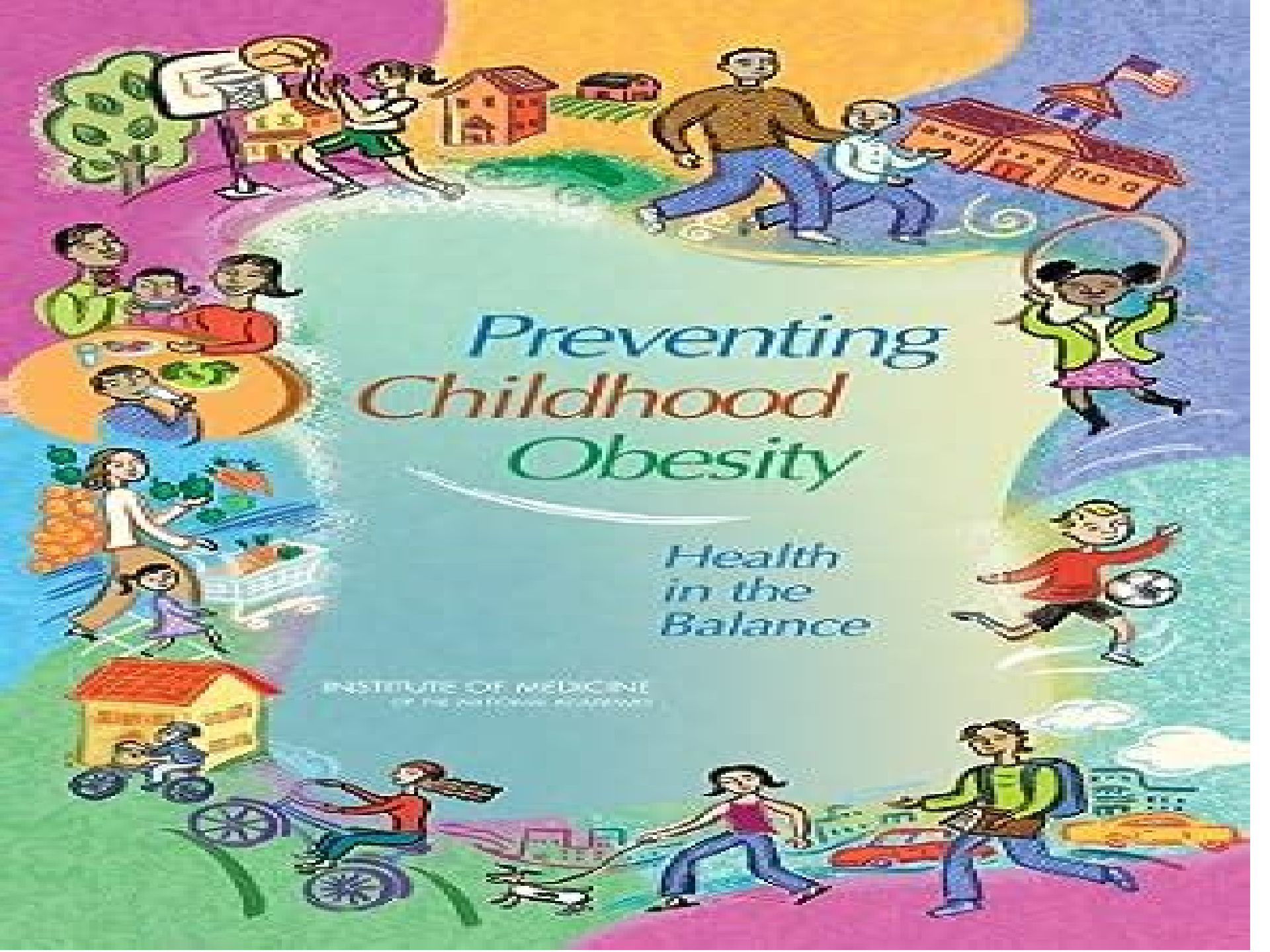




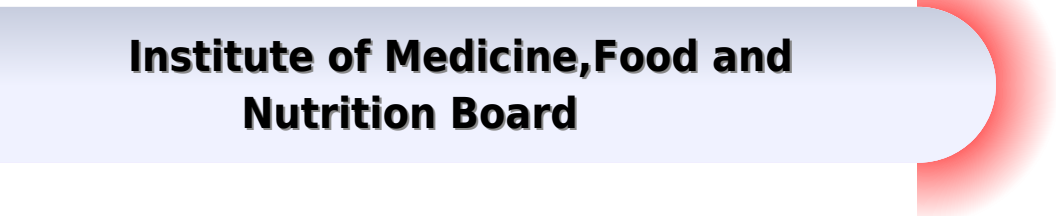
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Preventing Childhood Obesity Health In The Balance:

Preventing Childhood Obesity Institute of Medicine, Board on Health Promotion and Disease Prevention, Food and Nutrition Board, Committee on Prevention of Obesity in Children and Youth, 2005-01-31 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** J.P. Kaplan, 2005 **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**, **Nutrition in Public Health** Arlene Spark, 2007-05-11 Nutrition plays a key role in many areas of public health, such as pre-term delivery, cancer, obesity, diabetes, and cardiovascular and renal diseases. Government nutrition policy therefore bears a huge influence on the nation's biggest health concerns. There is a clear need for information on this topic that unarguably holds the key to the primary **Progress in Preventing Childhood Obesity** National Academies, Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, In collaboration with the Kansas Health Foundation, 2005-11-13 Obesity is now an epidemic among children and adolescents in the United States. Nationwide, roughly nine million children over six years of age are obese, with elevated risks of both health conditions, such as diabetes and hypertension, and poor quality of life, possibly throughout adulthood. The Institute of Medicine (IOM) report **Preventing Childhood Obesity: Health in the Balance** was released in September 2004 and identified promising approaches for obesity prevention efforts and a set of recommendations for a

variety of stake holders and sectors The IOM is building on its previous work by initiating a new study to assess progress in childhood obesity prevention efforts In 2005 the IOM organized three regional meeting in the Midwest South and Western United States to galvanize obesity prevention efforts of local state and national decision makers community and school leaders grassroots organizations and industry including the food beverage restaurant leisure and entertainment industries In collaboration with the Kansas health Foundation KHF the IOM held the study s first regional symposium in Wichita Kansas on June 27 28 2005 The symposium was structured to include three panels that focused on challenges and innovations for obesity prevention and school policies school programs and additional steps that can be taken by numerous stakeholders to overcome barriers to progress Three break out sessions focused on creating and strengthening linkages with other sectors to promote childhood obesity prevention including links between schools and home community and health care links between schools and industry and links between schools and the built environment This brief summary highlights the recurring themes for accelerating change and moving forward with obesity prevention efforts that emerged from the symposium forge strategic partnerships empower local schools and communities educate stakeholders evaluate obesity prevention efforts document the benefits of obesity preventions innovate to address barriers use a systems approach and develop a long term strategic plan The findings of this summary along with those of two other symposia and a more detailed discussion of insights and regional examples will be incorporated in the committee s final report that will be released in 2006

Childhood Obesity Prevention in Texas Institute of Medicine, Food and Nutrition Board, 2010-01-01 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

Progress in Preventing Childhood Obesity Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, 2007-02-22 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

Preventing Childhood Obesity Elizabeth Waters, Boyd Swinburn, Jacob Seidell, Ricardo Uauy, 2011-08-24 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

Local Government Actions to Prevent Childhood Obesity National Research Council, Institute of Medicine, Transportation Research Board, Board on Population Health and Public Health Practice, Board on Children, Youth, and Families, Food and Nutrition Board, Committee on Childhood Obesity Prevention Actions for Local Governments, 2010-01-10 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 Prevention Jennifer A. O'Dea, Michael P. Eriksen, 2010 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

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