



Preventing Childhood Obesity

*Health
in the
Balance*

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Preventing Childhood Obesity Health In The Balance

Shiriki Kumanyika, Ross Brownson



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, *Preventing Childhood Obesity* Institute of Medicine (U.S.). Committee on Prevention of Obesity in Children and Youth, 2005 **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 stakeholders 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

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 primar

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

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 has 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.

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.

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

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

Handbook of Obesity Prevention Shiriki Kumanyika, Ross Brownson, 2007-09-23 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 starts by clearly defining obesity in clinical epidemiologic and financial terms From there expert contributors provide insights on current issues methods and controversies in the field focusing on new opportunities for prevention successful interventions and initiatives and 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

Global Perspectives on Childhood Obesity Debasis Bagchi, 2010-10-12 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 Expanding Waistlines David Campos,2007-01-01 Many health experts agree that childhood obesity is an epidemic in the modern world In the United States alone government data suggest that the number of overweight or obese children is nearly triple the number of 1980 and there are no signs that this incidence is decreasing Information like this cannot be ignored or trivialized because excess weight can prove damaging to general wellness Indeed overweight or obese children and youth risk a wide range of medical complications Extra pounds can also negatively impact their well being which can cause long term mental health problems In short if the childhood obesity crisis is left forsaken an unprecedented generation of youth will have a diminished quality of life Expanding Waistlines is ideal for child advocates and youth serving professionals who seek to learn more about childhood obesity A prominent feature of Expanding Waistlines is that each chapter poses a series of questions relevant to school personnel such as What can I do at my school and in my classroom How should I approach my students who are overweight or obese What are some key elements I should look for when evaluating a potential program Specifically the book explores the factors that contribute to obesity in society and the associated risks of excess weight on children and youth Subsequent chapters discuss how to promote healthy eating practices and regular physical activity at school and home The final chapters report on specific resources Expanding Waistlines also features the latest demographic data BMI calculations and classifications recommended guidelines for health Wellness Policy requirements and food label information New Prescription for Childhood Obesity Billy C. Johnson,2008 About one in three American children is either overweight or obese Childhood obesity is a crisis robbing youth of health and energy and even causing children to die prematurely Obesity among children which is likely to carry over to adulthood is also linked to a greater risk of high cholesterol diabetes early heart disease and high blood pressure New Prescription for Childhood Obesity provides an innovative approach to fighting childhood obesity The traditional method for weight loss and fat reduction has been to eat less and exercise more but this does not work over the long haul To lose weight and keep it off requires addressing the root cause of the problem insulin resistance and the low grade silent inflammation that is triggered by many factors including foods and environmental causes such as pesticides industrial pollutants and toxins Now parents have an opportunity to change their child s eating and physical activity habits even before a weight problem develops Complete with recipes to get you on the right track this essential guide provides specific and simple strategies techniques and skills that will enable children to eat the right amount

of food appropriate for their level of physical activity without dieting **Childhood obesity most experts identified physical activity and the use of best practices are key to successful programs.** ,2005 *Children at Risk* Janice Crouse,2017-09-08 The desire for our children to be free from want and danger and to be able to enjoy their youth in innocence would seem to be universal Conventional wisdom says that parents in every socio economic level of society share the dream of preserving their children s innocence All want to provide a childhood and adolescence that shelters and protects children from the harshness of life and nurtures them until they are able to withstand the onslaught of reality One need only look at troubled areas of the world such as Northern Ireland parts of the Middle East or any number of other points on the globe to see how weak is any communion forged out of these universal desires for the welfare of children Even in the United States the competition of ideas and values about what represents the good society in which to raise our children is fierce as are differing views about the value of innocence and even life itself These differing ideas and values affect people s actions even when they have never reflected on them or have never cared enough to formulate those values into a coherent worldview Crouse contends that without morals children are at risk Moral boundaries not moral relativism provide a safe haven for children by preserving their innocence and protecting them from predators and pedophiles When authentic religious faith has been quashed children are no longer safe When the underlying values are wrong when there are no common values unifying a people even the best programs and most honorable of intentions are doomed to failure Well intentioned programs and policies inevitably fail miserably without an undergirding moral foundation as is documented by an abundance of data and the social trends in America today **Infants, Toddlers, and Families in Poverty** Samuel L. Odom,Elizabeth Puhn Pungello,Nicole Gardner-Neblett,2012-08-16 Identifying factors related to poverty that affect infants toddlers and their families this book describes promising early child care and intervention practices specifically tailored to these children and families needs Leading authorities from multiple disciplines present cutting edge research and discuss the implications for practice and policy Contributors review salient findings on attention memory language self regulation attachment physical health family processes and culture The book considers the strengths and limitations of existing early intervention services for diverse populations and explores workable ways to improve them **Seed Sovereignty, Food Security** Vandana Shiva,2016-02-02 In this unique anthology women from around the world write about the movement to change the current industrial paradigm of how we grow our food As seed keepers and food producers as scientists activists and scholars they are dedicated to renewing a food system that is better aligned with ecological processes as well as human health and global social justice Seed Sovereignty Food Security is an argument for just that a reclaiming of traditional methods of agricultural practice in order to secure a healthy nourishing future for all of us Whether tackling the thorny question of GMO safety or criticizing the impact of big agribusiness on traditional communities these women are in the vanguard of defending the right of people everywhere to practice local biodiverse and organic farming as an alternative to

industrial agriculture Contents Seed Sovereignty Food Security VANDANA SHIVA Fields of Hope and Power FRANCES
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 ANDALUZ Seed Saving and Women in Peru PATRICIA FLORES The Seeds of Liberation in Latin America SANDRA
 BAQUEDANO SARA LARRA N The Other Mothers and the Fight against GMOs in Argentina ANA BROCCOLI Seeding
 Knowledge Australia SUSAN HAWTHORNE **Encyclopedia of Obesity** Kathleen Keller, 2008-01-24 This work featuring a
 reading level appropriate for high school audiences and above is recommended for academic and public libraries Library
 Journal The Encyclopedia of Obesity is as much of a reference resource as it is a tool to raise awareness in the medical and
 public health communities With almost 500 entries these two volume summarize pertinent topics in obesity and related
 health conditions including molecular biology psychology medicine public health and policy food science environmental
 health and pharmaceuticals The editor has chosen topics that capture the current climate of obesity research while still
 addressing and defining the core concepts related to this condition Based on a theme of Moving Forward in an Ever
 Expanding World articles address topics for a changing society that is slowly adapting to accommodate obesity including
 recent lawsuits new options for medical and dietary treatment and the importance of prevention in children Key Themes
 Biological or Genetic Contributors to Obesity Children and Obesity Dietary Interventions to Treat Obesity Disordered Eating
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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Preventing Childhood Obesity Health In The Balance**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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