



# Overweight Children

**Lingsheng Yao**



## **Overweight Children:**

*Rescuing the Emotional Lives of Our Overweight Children* Sylvia Rimm, 2004-04-03 A compassionate guide for parents focuses on the emotional impact of being an overweight child citing the risks and challenges faced by young people with weight problems while offering advice on how to be aware of peer discrimination encourage healthy eating without nagging and more 40 000 first printing

**Always the Fat Kid** Jacob C. Warren, K. Bryant Smalley, 2013-03-26 Childhood obesity in the United States has tripled in a generation But while debates continue over the content of school lunches and the dangers of fast food we are just beginning to recognize the full extent of the long term physical psychological and social problems that overweight children will endure throughout their lives Most dramatically children today have a shorter life expectancy than their parents something never before seen in the course of human history They will face more chronic illnesses such as heart disease and diabetes that will further burden our healthcare system Here authors Jacob Warren and K Bryant Smalley examine the full effects of childhood obesity and offer the provocative message that being overweight in youth is not a disease but the result of poor lifestyle choices Theirs is a clarion call for parents to have the talk with their kids which medical professionals say is a harder topic to address than sex or drugs Urgent timely and authoritative **Always the Fat Kid** delivers a message our society can no longer ignore

**Our Overweight Children** Sharron Dalton, 2004-05-03 The United States is facing a health crisis of epidemic proportions children are gaining weight younger and faster than ever before With the prospect of becoming the most obese generation of adults in history they are already turning up with an alarming assortment of grown up maladies from type 2 diabetes to high blood pressure This book takes a clear eyed look at what s behind the statistics and diagnoses and what can be done about the major health crisis among American children Sharron Dalton begins with the basics what obesity is what causes it and why it matters Integrating information from scientific and popular sources she reviews past remedies and their results and compares specific strategies and programs for children When a third of our children are overweight or likely to become so it s everyone s problem and this book argues for a united approach promoting the role of parents health professionals and school and community leaders For each group Dalton outlines actions to combat the epidemic She suggests ways for parents to respond to their children in interactions centered on food and physical activities And she illuminates a number of issues raised by childhood obesity from the pain of fat discrimination to the economic social and political ramifications of an epidemic of obesity among the young At once authoritative and nontechnical no nonsense and compassionate **Our Overweight Children** is a clear call to action a prescription for treating the most dire problem threatening our children s health and our nation s future **Our Overweight Children** includes A discussion of what obesity is what causes it and why it matters A review of various remedies and their results A comparison of specific strategies and programs for children A plan for parents health professionals and school and community leaders to work together to confront childhood obesity

**Overweight and Obesity in America's Children:**

**Causes, Consequences, Solutions** Amy B. Jordan, 2008-04-03 For the past several years researchers have been examining possible causes of the rise in of childhood overweight and obesity in the U S Now at near epidemic proportions the time has come to really delve into the causes of overweight children and propose some practical solutions to help the 9 million children in this country who are overweight Taking an interdisciplinary approach this special issue of The ANNALS inspects the social problem of childhood obesity from various angles and uses empirically based creative suggestions for overcoming and preventing unhealthy lifestyles The authors of this special issue include health care practitioners social scientists philanthropists advocates and policy makers who understand that this is a complex issue made up of a myriad of factors The insightful articles in this special issue evaluate the following factors Influence of parents Opportunities for exercise Access to healthy food choices Media influences *Children, Obesity and Exercise* Andrew P. Hills, Neil A. King, Nuala M. Byrne, 2007-08-07 Throughout the developed world there is an increasing prevalence of childhood obesity This book provides sport exercise and medicine students and professionals with an accessible and practical guide to understanding and managing childhood and adolescent obesity **Overweight Child** Cristina Abate, 2016-08-30 FREE BONUS INSIDE Help An Overweight Child You are about to find out how to help your child lose weight fast so they can live a long healthy and happy life and become the best version of themselves Millions of children around the world are overweight or obese and as a result are suffering mentally emotionally and physically These children generally feel sad lethargic unhealthy and have low self esteem Not only are they at risk of developing serious health issues like high blood pressure high cholesterol or type 2 diabetes they are probably also being teased or bullied at school feeling isolated stressed having trouble sleeping at night developing depression and in some cases thinking about ending it all through suicide Most parents realize the problem but have been unable to find the solution The truth is your child is suffering because both of you do not know what to do to turn the situation around This book will teach you how to help your child lose weight fast and become healthy energetic confident successful and happy Here Is A Preview Of What You Will Learn Dealing With and Understanding Childhood Obesity Psychosocial Aspects of Childhood Obesity What Can Parents Do Planning a Healthy Diet for the Whole Family Reducing Added Sugars in Your Family s Diet Healthy Snack Suggestions Getting Your Child Involved in Low Impact Exercise And much much more Today only get this amazing book for just 5 99 I m so confident that this book is going to help you that I m going to give you a 100% Honest 60 day Money back Guarantee This way the risk is removed Grab your copy now Tags overweight child overweight children overweight kids child obesity childhood obesity obese children childhood obesity solution childhood obesity cure overweight children problem healthy child obesity overweight lose weight weight loss for kids *Child Obesity* Robert Duffy, 2020-07-28 Overweight Obese What does it all mean and what is the truth behind the alarming headlines This book shows parents and carers in practical terms how to deal with child obesity and children s weight problems Expert advice and the latest information offers strategies and solutions that can be used to achieve a

healthy weight good eating habits and an active lifestyle Family friendly easy to follow recipes and healthy meal ideas are all included If you think your child is overweight obese or in danger of becoming so this book is a must It contains expert advice and useful tips and information to keep your children fit and healthy Chapters cover topics such as the causes and effects of obesity the difference between being obese and overweight and healthy eating recipes **The Childhood Obesity**

**Epidemic** Peter D. Vash,2015-03-19 This title includes a number of Open Access chapters Child obesity is a serious condition that affects children around the world in growing numbers With obesity comes an increased risk of other chronic diseases as well making it even more important to understand and treat this condition from a variety of angles This current volume seeks to under We're Killing Our Kids Todd Hollander,2004 A Book For Everyone Who Cares About ChildrenThe CrisisThe

problem of overweight children has reached an epidemic level More than 30% of American children are overweight at least 15% are obese Due to poor nutrition and lack of exercise millions more are at risk According to the American Academy of Pediatrics Overweight is now the most common medical condition of childhood The physical psychological and economic consequences of this epidemic are staggeringThe SolutionThis informative motivational and practical book reveals How to objectively assess a child s weight The 10 leading causes of overweight children The consequences of poor nutrition and sedentary lifestyles The myths and facts about nutrition exercise and weight loss A step by step plan for helping children develop lifelong habits of good nutrition and physical fitnessOffered as a motivational and practical guidebook We re Killing Our Kids enable parents grandparents educators and other concerned adults to help children develop lifelong habits of healthy eating and physical fitness Childhood Obesity in America Laura Dawes,2014-06-09 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 *Help! Our Children Are Overweight!* Frank

Longo,2021-03-30 Like many parents in this country my wife and I were confronted with the fact that our child had a weight management problem Both my child s pediatrician and school nurse advised us on several occasions of their concerns about my child s weight yet neither provided us with the guidance education or access to medical programs that would help us address our child s health problem While not a healthcare clinician I began to thoroughly research the topic of childhood obesity and weight management by studying various childhood weight management books and programs in order to obtain the necessary knowledge base to develop and implement an action plan to begin to address our child s weight problem This experience revealed to me that there are not enough resource books readily available for parents that provide the basic information to begin to effectively address a child s weight management problem Many parents would benefit from reading books addressing weight management specifically from the parents point of view with basic information educational resources and recommendations to immediately begin to help address their child s weight management problem This book is

the culmination of many hours of reading research development planning and implementing the necessary steps to assist my family in addressing our child's weight problem. It is written from the perspective of and for a parent of a child with a weight problem and more importantly attempts to provide a parent with the necessary basic nutritional information to create a positive environment to be successful in beginning to manage and address a child's weight management problem. *Weight Loss Success Among Overweight Children*, 2010. Epidemic increases in obesity in the United States have focused research attention on prevention and treatment issues. Rates of obesity have steadily increased over the past 20 years. Adult and child obesity rates have both increased. The percentage of children at risk for overweight at or above the 85th percentile body mass index for age increased significantly from 28.2% to 33.6% between 1999 and 2004. One out of every three children in the United States is overweight or obese. Much effort is now focused on prevention of obesity. However, varied results have been demonstrated. Data analyzed as part of this dissertation were collected during a pediatric obesity treatment trial: Childhood Obesity Treatment: A Maintenance Approach, funded by a five-year grant from the National Institute for Child and Human Health Development. Over a three-year period, three fall cohorts of overweight children aged 7-12 years, along with one obese parent, were invited and agreed to participate in the 20-week weight loss phase of the Family Weight Control and Prevention Program in San Diego, California. This study sought to examine predictors of short-term weight loss or stabilization among overweight children enrolled in this family-based behavioral intervention. Offered is an examination of areas to be considered when designing a weight loss intervention program and evaluating what components to maintain as part of an overall program while attempting to reduce participant burden. First evaluated was whether demographic variables affected outcome in an intervention targeting overweight children. Race, ethnicity, and socioeconomic status were not found to have a differential effect on the amount of weight lost or self-efficacy. This suggests that intervention strategies don't always need to be tailored to race, ethnicity, or socioeconomic status. Next evaluated was dietary self-monitoring. As found previously among adults and adolescents, preadolescent children who completed journals on a more consistent basis lost more weight comparatively. Additionally, any self-monitoring was beneficial for weight loss when compared to those who did not journal. Finally, we demonstrated that physical activity self-efficacy is an important variable to consider in the planning of exercise programs that are components of weight loss interventions.

**Understanding Childhood Obesity** J. Clinton

Smith, 2009-10-20. Almost fourteen percent of American children over age six and twelve percent of adolescents are obese, more than double the rate of thirty years ago. Although there are countless diet and weight loss books on the market, few of them explain in jargon-free terms the basic factors, the body processes that can lead to childhood obesity, and the research currently underway to combat this growing health risk. In *Understanding Childhood Obesity*, Dr. J. Clinton Smith has created a comprehensive guide covering nearly every field of obesity research. He explores causes and methods of controlling the body's physical and chemical makeup, prevention strategies, new treatments, and behavior modifications, and future research.

possibilities Smith closely examines the genetic and environmental factors that can lead to childhood obesity For parents he answers the all important question of whether an obese child needs help and he outlines traditional diet and exercise treatments as well as aggressive medical and surgical techniques He also introduces readers to the continuous care and problem solving model that has proved valuable in pediatric treatment clinics Featured are An explanation of how obesity is identified by using a child s height and weight A frank discussion of the health consequences of obesity A review of how the body breaks down food for energy and how and why the body stores energy An examination of the powerful environmental factors affecting childhood weight gain A thorough gathering of the treatments and research and a view of exciting new discoveries in genetics and body chemistry

*Early Childhood Obesity Prevention Policies* Institute of Medicine, Committee on Obesity Prevention Policies for Young Children, Early Childhood Obesity Prevention Policies, 2011-10-31 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 Walt Larimore, Sherri Flynt, Steve Halliday, 2005 The experts at America s Hospital of the Future provide a comprehensive approach to helping parents control their children s weight while developing a healthy active lifestyle Studies show that as many as one in four American children is overweight and childhood obesity rates have doubled since the late 1970s Medical problems that doctors once saw only in adults aged 50 or older are now striking individuals in their 20s and younger including heart disease stroke diabetes colorectal cancer high blood pressure asthma joint problems and arthritis In this essential new book a pediatric endocrinologist and a respected dietician present a step by

step medically sound and achievable weight control program that will benefit the whole family Poor diet and sedentary lifestyles as well as a lack of parental guidance are at the root of this child obesity epidemic Studies show that approximately 40 % of obese children will grow up to be obese adults This book seeks to break this alarming pattern Overweight Among U.S. Children and Adolescents, 2002 *Child Obesity* Goutham Rao, 2010-08-05 A nationally recognised expert on child obesity Dr Rao uses the latest and best medical evidence available to show you how to help your child avoid or overcome the prevalent and dangerous health problem of overweight In the first part he gives you the knowledge you need to understand the scope of the problem In the second part he carefully explains a rational approach to helping your child achieve or maintain a healthy weight including the science of changing people's behavior Dr Rao makes it clear that despite all the talk about low carb and other fad diets there are no magic bullets for treating childhood obesity But the good news is that armed with the right information parents can reverse this unhealthy trend and succeed in helping their children become fit trim and happy

**If Your Child is Overweight** Susan M. Kosharek, 2006 *The Health Plan for Overweight Children* Melissa Langone, 2007-07 If you're concerned about your child's weight you should be Obesity rates continue to climb and a child's sedentary lifestyle can spell trouble down the road To combat this future problem parents need to take charge now The Health Plan for Overweight Children provides an innovative approach to improving your child's life by shifting the focus from a child's weight to his or her health To help you achieve this worthy goal Dr Melissa Langone incorporates the unique strategies of her HAVE FUN plan which include Healthy foods Activity Vitamins and minerals End emotional eating Family as support U as a role model No weighing Dr Langone shows you how to make better nutritional choices for your children by helping you learn how to read food labels choose vitamin supplements and create the proper portion sizes She also includes helpful tips on how to promote physical activity for those children who enjoy music art and video games instead of sports In addition Langone addresses the challenges faced by single parents and two parent working families as well as the unique issues of emotional eaters Help secure your child's future health with this invaluable guide

**Clinical Obesity in Adults and Children** Peter G. Kopelman, Ian D. Caterson, William H. Dietz, 2009-09-28 Obesity is a major problem facing doctors in the 21st century This third edition of a highly respected textbook combines the latest in clinical research with a practical approach to guide the successful evaluation management and treatment of the obese patient including the large number of complications and other conditions that can arise as a consequence of it Written by experts from around the globe this book is a truly international work recognizing that the approach for the treatment and management of obesity may vary between differing ethnicities and in different countries The book addresses obesity and its social and cultural aspects biology associated diseases lifestyles pediatric and adult management and environmental policy approaches in six sections As well as covering the latest approaches to treatment of obesity Clinical Obesity in Adults and Children considers the effects of the environment of gender and of culture on this problem This is an invaluable resource for all health care professionals research



scientists and public health practitioners involved in the prevention and care of patients who are at risk of obesity or are already obese

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