



REVIEW

Preventing childhood obesity: what works?

LL Birch and AK Ventura

Department of Human Development and Family Studies, The Center for Childhood Obesity Research, The Pennsylvania State University, University Park, PA, USA

Rates of overweight in North American children and adolescents have increased dramatically since the 1970s. Childhood obesity has reached epidemic proportions and calls for prevention and treatment programs to reverse this trend have been made. However, the evidence base needed for effective action is still incomplete, especially for childhood obesity prevention programs. This paper focuses on primary prevention of childhood obesity and has three aims: (1) to briefly describe current primary prevention approaches for childhood obesity and the evidence for their impact; (2) to elucidate promising, but untested intervention strategies using an ecological framework and evidence from experimental and epidemiological research on factors influencing children's eating and weight status; and (3) to introduce a multiphase strategy for screening intervention components and building and evaluating potent interventions for childhood obesity. Most childhood obesity prevention programs have focused on school-aged children and have had little success. We suggest that, given these findings, prevention efforts should be expanded to explore other contexts in which children live as possible settings for intervention efforts, including the family and childcare settings. Given that 25% of preschool children are already overweight, intervening with children before school entry should be a priority. A review of experimental research on the developing controls of food intake in infancy and childhood suggests possible intervention strategies, focusing on parenting and aspects of the feeding environment. Epidemiological findings point to even earlier modifiable risk factors, including gestational weight gain, maternal prepregnancy weight, and formula feeding. However, the potential impact of altering these risk factors remains to be evaluated. In response to this problem, we suggest a new, multiphase method for accomplishing this, including screening intervention components, refining intervention designs and confirming component efficacy to build and evaluate potent, optimized interventions.

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Keywords: child eating; childhood overweight; parent feeding practices; parent feeding styles; prevention; multiphase optimization intervention strategy

Rates of overweight in North American children and adolescents have increased dramatically since the 1970s,¹ leading to calls for action to reverse this trend. But effective action requires an evidence base and, unfortunately, the evidence base for how to prevent childhood overweight is still very incomplete (see Koplan *et al.*² for a review). Despite this problem, actions have been taken through implementation of both obesity prevention and treatment programs.³ This paper will focus on primary prevention, rather than treatment, of childhood obesity, and how we can progress toward more effective prevention efforts (for a recent review of treatment programs, see Wilfley *et al.*⁴). Thus, this focus will be explored by three aims: (i) to briefly describe current primary prevention approaches for childhood obesity and the evidence for their impact; (ii) to elucidate promising but

untested intervention strategies using an ecological framework and evidence from experimental and epidemiological research on factors influencing children's eating and weight status; and (iii) to introduce a multiphase strategy for screening intervention components, and building and evaluating potent interventions for childhood obesity.

Preventing childhood obesity: current approaches

Recent reviews of interventions to prevent obesity in children have shown that there are several common features of the current interventions available.^{2,5,6} To date, the majority of prevention programs for childhood obesity have been conducted in schools with school-aged children and adolescents. A range of outcomes have been targeted, such as changing dietary patterns, increasing physical activity, decreasing sedentary behaviors and reducing weight status or weight gain. Although some interventions have tested single intervention components (for example, nutrition

Correspondence: Dr LL Birch, The Center for Childhood Obesity Research, 129 Noll Laboratory, The Pennsylvania State University, University Park, PA 16802, USA.
E-mail: llb15@psu.edu

Childhood Obesity Research Paper Introduction

J. Clinton Smith



Childhood Obesity Research Paper Introduction

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

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

Energy Balance and Obesity Isabelle Romieu, Laure Dossus, William C. Willett, 2018-01-12 Understanding the relationship between energy balance and obesity is essential to develop effective prevention programs and policies The International Agency for Research on Cancer convened a Working Group of world leading experts in December 2015 to review the evidence regarding energy balance and obesity with a focus on low and middle income countries and to consider the following scientific questions i Are the drivers of the obesity epidemic related only to energy excess and or do specific foods or nutrients play a major role in this epidemic ii What are the factors that modulate these associations iii Which types of data and or studies will further improve our understanding This book provides summaries of the evidence from the literature as well as the Working Group s conclusions and recommendations to tackle the

global epidemic of obesity *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.

Child and Adolescent Obesity Walter Burniat, Tim J. Cole, Inge Lissau, Elizabeth M. E. Poskitt, 2006-06-01 This book addresses the ever-increasing problem of obesity in children and adolescents, the long-term health and social problems that arise from this, and approaches to prevention and management. Aimed at doctors and all health care professionals, it will be of interest to all those concerned with the increasing prevalence of obesity in both the developed and developing world. It covers all aspects of obesity, from epidemiology and prevention to recent developments in biochemistry and genetics, and to the varied approaches to management which are influenced by social and clinical need. A foreword by William Dietz and a forward-looking future perspectives conclusion by Philip James embrace an international team of authors, all with first-hand experience of the issues posed by obesity in the young. This comprehensive survey of an important and growing medical problem will help inform, influence, and educate those charged with tackling this crisis.

Bridging the Evidence Gap in Obesity Prevention Institute of Medicine, Food and Nutrition Board, Committee on an Evidence Framework for Obesity Prevention Decision Making, 2010-12-24 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.

[Global Perspectives on Childhood Obesity](#) Debasis Bagchi, 2019-02-06 *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

Childhood Obesity Michael I.

Goran,2016-10-14 Childhood obesity has reached epidemic proportions in the United States and continues to increase in prevalence in almost all countries in which it has been studied including developed and developing countries around the globe The causes of obesity are complex and multi factorial Childhood obesity becomes a life long problem in most cases and is associated with long term chronic disease risk for a variety of diseases including type 2 diabetes cardiovascular disease non alcoholic fatty liver disease as well as psychosocial as issues and obesity seems to affect almost every organ system in the body In recent years there has been tremendous progress in the understanding of this problem and in strategies for prevention and treatment in the pediatric years Childhood Obesity Causes Consequences and Intervention Approaches presents current reviews on the complex problem of obesity from the multi level causes throughout early life before adulthood and the implications for this for long term disease risk It reviews numerous types of strategies that have been used to address this issue from conventional clinical management to global policy strategies attempting to modify the global landscape of food nutrition and physical activity Each chapter is written by a global authority in his or her respective field with a focus on reviewing the current status and recent developments The book features information on contributing factors to obesity including developmental origins social family birth cohort studies influence of ethnicity and global perspectives It takes a life course approach to the subject matter and includes exhaustive treatment of contributing factors to childhood obesity such as assessment environmental factors nutrition and dietary factors host factors interventions and treatment consequences and further action for future prevention This broad range of topics relevant to the rapidly changing field of childhood obesity is suitable for students health care professionals physicians and researchers

Childhood Obesity and Health Research Richard K. Flamenbaum,2006 Obesity in children and adolescents is a serious issue with many health and social consequences that often continue into adulthood Implementing prevention programs and getting a better

understanding of treatment for youngsters is important to controlling the obesity epidemic The term childhood obesity may refer to both children and adolescents Between 5 25 percent of children and teenagers in the United States are obese As with

adults the prevalence of obesity in the young varies by ethnic group It is estimated that 5.7 percent of White and Black children are obese while 12 percent of Hispanic boys and 19 percent of Hispanic girls are obese Some data indicate that obesity among children is on the increase The second National Children and Youth Fitness Study found 6.9 year olds to have thicker skinfolds than their counterparts in the 1960s During the same period others documented a 54 percent increase in the prevalence of obesity among 6.11 year olds This book examines leading research in this area of great concern to society

Childhood Obesity Jacqueline Langwith,2012-12-07 Today about one in five school aged children has obesity according to the CDC It is an issue that is ever increasing and dangerous This guidebook provides essential information on childhood obesity but also serves as a historical survey by providing information on the controversies surrounding its causes and first person narratives by people coping with childhood obesity Patients family members or caregivers explain the condition from their own experience The symptoms causes treatments and potential cures are explained in detail Essential to anyone trying to learn about diseases and conditions the alternative treatments are explored Student researchers and readers will find this book easily accessible through its careful and conscientious editing and a thorough introduction to each essay

A Life Course Perspective on Health Trajectories and Transitions Claudine Burton-Jeangros,Stéphane Cullati,Amanda Sacker,David Blane,2015-08-11 This open access book examines health trajectories and health transitions at different stages of the life course including childhood adulthood and later life It provides findings that assess the role of biological and social transitions on health status over time The essays examine a wide range of health issues including the consequences of military service on body mass index childhood obesity and cardiovascular health socio economic inequalities in preventive health care use depression and anxiety during the child rearing period health trajectories and transitions in people with cystic fibrosis and oral health over the life course The book addresses theoretical empirical and methodological issues as well as examines different national contexts which help to identify factors of vulnerability and potential resources that support resilience available for specific groups and or populations Health reflects the ability of individuals to adapt to their social environment This book analyzes health as a dynamic experience It examines how different aspects of individual health unfold over time as a result of aging but also in relation to changing socioeconomic conditions It also offers readers potential insights into public policies that affect the health status of a population

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

2000 CDC Growth Charts for the United States, 2002 **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 control the body's physical and chemical make up 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 **Always the Fat Kid** Jacob 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 *Childhood Obesity* Myron Winick,1988 The New Public Health Theodore H. Tulchinsky,Elena A. Varavikova,2014-03-26 The New Public Health has established itself as a solid textbook throughout the world Translated into 7 languages this work distinguishes itself from other public health textbooks which are either highly locally oriented or if international lack the specificity of local issues relevant to students understanding of applied public health in their own setting This 3e provides a unified approach to public health appropriate for all masters level students and practitioners specifically for courses in MPH programs community health and preventive medicine programs community health education programs and community health nursing programs as well as programs for other medical professionals such as pharmacy physiotherapy and other public health courses Changes in infectious and chronic disease epidemiology including vaccines health promotion human resources for health and health technology Lessons from H1N1 pandemic threats disease eradication nutritional health Trends of health systems and reforms and consequences of current economic crisis for health Public health law ethics scientific d health technology advances and assessment Global Health environment Millennium Development Goals and international NGOs **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 **Childhood Obesity** Rexford S. Ahima,2013-12-07 The prevalence of childhood overweight and obesity has increased worldwide in recent decades Obesity in childhood is associated with a wide range of serious health complications and an increased risk of premature illness and death later in life This book presents childhood obesity trends across multiple demographics and discusses the contributing genetic and environmental factors It demonstrates the adverse health consequences of childhood obesity both as they relate to childhood and as they last into adulthood and presents multiple methods for obesity treatment included community and family based intervention pharmacotherapy and surgical procedures Preventing Childhood Obesity in Early Care and Education Programs

American Academy of Pediatrics, National Resource Center for Health and Safety in Child Care and Early Education, 2012 All new set of national standards describing evidence based best practices in nutrition physical activity and screen time for early care and education programs The standards are for all types of early care and education settings centers and family child care homes Back cover

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