

Research Paper Children Obesity

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Building climate resilience for food security and nutrition Greenhaven Publishing LLC
Childhood obesity is highly prevalent in the United States (U.S.) and has become a global epidemic. The recent national survey, the 2007-2008 National Health and Nutrition Examination Survey (NHANES) data showed that 17 percent of U.S. children and adolescents (ages 2-19) years were obese, and over 30 percent were overweight or obese. Childhood obesity leads to obesity in adulthood and many other serious health conditions, such as cardiovascular, metabolic, and psychosocial illnesses. To assess the effectiveness of existing childhood obesity prevention efforts, the Johns Hopkins University Evidence-based Practice Center completed a systematic review on childhood obesity prevention studies conducted in high-income countries. This report, funded by the Agency for Healthcare Research and Quality (AHRQ), systematically reviewed seven Key Questions. The draft Comparative Effectiveness Review evaluated 96 intervention studies reported in 113 articles with the following main conclusions: 1. The majority of studies in high income countries are conducted in schools. 2. School-based intervention can prevent overweight and obesity, especially those with a home intervention that targets both diet and physical activity. Though the strength of evidence is moderate to high for school-based interventions, the limited number of studies and insufficient or low strength of evidence to support interventions in other settings made it difficult to conclude that interventions in other settings could effectively prevent childhood obesity. Based on the evidence gaps in these settings, we identified the following as Future Research Needs: Future research is needed on interventions delivered in settings other than schools or home. Thus, future research is needed for all of the Key Questions except for Key Questions 1 and 2, and especially needed are studies of environmental and policy changes. While there have been other reviews on the effectiveness of interventions on food and nutrition policies at school on changes in children's diet and school

food environments, there are still gaps in the literature on some aspects, such as the impact of regulations on food availability and its impact on obesity prevention. Only a few studies that we reviewed used social marketing to deliver messages on nutrition, physical activity and health. This approach might be integrated with other intervention components to create an atmosphere favorable to healthy and active lifestyles and related behavioral changes. Additionally, further testing of the value of consumer health informatics products for obesity prevention is needed. In addition, there is a lack of evidence on the impact of regional or national policies on childhood obesity prevention, including agriculture policy and regulations on food retailing and distributions. Furthermore, further research might be conducted with stratified analyses on subgroups, such as by gender, age, race/ethnicity, or socioeconomic status. This will help us learn how different groups may respond differently to the same intervention, and help tailor future interventions to maximize their benefits. There were methodological limitations of the reviewed studies which suggest that future research might improve upon the methods. Few of the studies we reviewed reported process evaluation, which would provide useful insight regarding why some studies might detect desirable effect of the intervention. More vigorous analytic approaches are desirable in future studies, to better analyze the repeated measures collected during follow-up, to control for confounders, and to test effect modification. The studies we reviewed typically had limited followup and we could not know the sustainability of these interventions. Future studies need to design innovative approaches that have a high likelihood of sustainability; for example, studies using a community-based participatory approach. This may be designed to take advantage of other existing public health, government or other organization supported programs or try to gain more support and engagement from related key stakeholders. The objective of this report is to prioritize the needs for research addressing gaps in the existing literature on the effectiveness of childhood obesity prevention programs by engaging expert stakeholders using a modified Delphi method.

Maternal Employment and Childhood Obesity CRC Press

The rapid increase in overweight among children and adolescents is generating widespread concern. On average, rates of overweight for boys and girls remain similar. Some groups of children are more affected by overweight than others. This paper discusses the health consequences of childhood obesity. A list of school interventions for obesity prevention is also included.

Pediatric Obesity: From the Spectrum of Clinical-Physiology, Social-Psychology, and Translational Research IARC Working Group Report

Essay from the year 2007 in the subject Sociology - Children and Youth, grade: 1, Egerton University (BIOCHEMISTRY & MOLECULAR SCIENCE), course: BIOCHEMISTRY, language: English, abstract: Childhood obesity is seemingly becoming an enormous epidemiological challenge to the global healthcare system. In the past decade, prevalence rates of childhood obesity have assumed upward trends, in which developed countries record the highest percentages of obese and overweight children. However, prevalence rates in developing countries are increasing at a slow phase but, the overall obese children population remains relatively low. Therefore, this research paper will give an overview of the correlation between Socioeconomic Status and childhood obesity. Although there are many factors that put children at risk for childhood obesity, Social Economic Status seems to affect all risk factors that are responsible for the increase in childhood obesity.

Primary and Secondary Preventive Nutrition Frontiers Media SA

Throughout the developed world there is an increasing prevalence of childhood obesity. Because of this increase, and awareness of the risks to long term health that childhood obesity presents, the phenomena is now described by many as a global epidemic. Children, Obesity and Exercise provides sport, exercise and medicine students and professionals with an accessible and practical guide to understanding and managing childhood and adolescent obesity. It covers: overweight, obesity and body composition; physical activity, growth and development; psycho-social aspects of childhood obesity; physical activity behaviours; eating behaviours; measuring children's behaviour; interventions for prevention and management of childhood obesity. Children, Obesity and Exercise addresses the need for authoritative advice and innovative approaches to the prevention and management of this chronic problem.

Childhood Obesity Prevention Programs Springer Nature

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 health technology advances and assessment Global Health environment, Millennium Development Goals and international NGOs

Parental Work Hours and Childhood Obesity John Wiley & Sons

Physical activity is important for obesity prevention. Given that the prevalence of obesity among Canadian children has substantially increased over recent decades, and that obesity has substantial consequences for health and wellness, physical activity promotion continues to be a priority for public health. This thesis research aims to further our understanding of children's behavioural patterns where they relate to physical activity and obesity. It also aims to identify factors and effective strategies that increase physical activity among children. These aims were assessed through six interconnected research papers. In the first paper we demonstrated that consideration should be given to activities not captured by pedometers as adjusting crude pedometer-measured steps for these activities substantially improved the ability to accurately

assess children's physical activity levels, and to identify children who were obese. In the second paper we revealed that policy makers should consider targeting physical activity in girls, and outside of school as these variables and time periods were characterized by low activity. In the third and fourth papers we showed that parental beliefs and support for physical activity were positively related to children's physical activity achieved on weekend days, and negatively associated with childhood overweight. In the fifth paper we demonstrated that school programs that support physical activity through positive environments, curriculum, policy, and partnerships lead to improvements in children's physical activity both during and beyond school. In the last paper, we revealed that programs implemented in schools located in disadvantaged neighbourhoods reduced inequalities in physical activity. Furthermore, we found that although the programs were implemented school-wide and did not specifically target student subgroups, they were effective in increasing physical activity relatively evenly among low-active, active, and high-active students. Likewise they relatively evenly reached normal weight and overweight students, and those of distinct socioeconomic backgrounds. The results of this thesis provide researchers and policy makers with new evidence on important determinants of physical activity in children from an Albertan context. They also underline the importance of supporting strategies for physical activity promotion and specifically school health programs as these improve physical activity, reduce obesity prevalence rates and diminish health inequalities.

Child and Adolescent Obesity Univ of California Press

The Nutrition and Health series has been very fortunate to have each of the volumes recognized by rating services, such as Doody's, as valuable contributions for health professionals and individuals interested in the most up-to-date and balanced information from the experts in nutrition. These independent accolades may have occurred because the Nutrition and Health series has as its overriding mission to provide health professionals with texts that are considered essential because each book includes: (1) a synthesis of the state of the science, (2) timely, in-depth reviews by the leading researchers in their respective fields, (3) extensive, up-to-date fully annotated reference lists, (4) a detailed index, (5) relevant tables and figures, (6) identification of paradigm shifts and the consequences, (7) virtually no overlap of information between chapters, but targeted, inter chapter referrals, (8) suggestions of areas for future research, and (9) balanced, data-driven answers to patient questions, which are based upon the totality of evidence rather than the findings of any single study. The series volumes are not the outcome of a symposium. Rather, each editor has the potential to examine a chosen area with a broad perspective, both in subject matter as well as in the choice of chapter authors. The international perspective, especially with regard to public health initiatives, is emphasized where appropriate.

Physical Activity in the Era of the Childhood Obesity Epidemic Island Press

'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.

The Surgeon General's Vision for a Healthy and Fit Nation Academic Press

That precursors of adult coronary artery disease, hypertension, and type II diabetes begin in childhood have been clearly established by the Bogalusa Heart Study. This unique research program has been able to follow a biracial (black/white) population over 35 years from childhood through mid-adulthood to provide perspectives on the natural history of adult heart diseases. Not only do these observations describe trajectories of cardio-metabolic risk variables leading to

these diseases but provide a rationale for the need to begin prevention beginning in childhood. The trajectories of the burden of cardio-metabolic risk variables in the context of their fetal origin and chromosome telomere dynamics provide some insight into the metabolic imprinting in utero and aging process. The observed racial contrasts on cardio-metabolic risk variables implicate various biologic pathways interacting with environment contributing to the high morbidity and mortality from related diseases in our population. To address the seriousness of the onset of cardiovascular disease in youth, approaches to primordial prevention are described focussing on childhood health education as an important aspect of Preventive Cardiology.

Health in the Balance Frontiers Media SA

Creating an environment in which children in the United States grow up healthy should be a high priority for the nation. Yet the prevailing pattern of food and beverage marketing to children in America represents, at best, a missed opportunity, and at worst, a direct threat to the health prospects of the next generation. Children's dietary and related health patterns are shaped by the interplay of many factors—their biologic affinities, their culture and values, their economic status, their physical and social environments, and their commercial media environments—all of which, apart from their genetic predispositions, have undergone significant transformations during the past three decades. Among these environments, none have more rapidly assumed central socializing roles among children and youth than the media. With the growth in the variety and the penetration of the media have come a parallel growth with their use for marketing, including the marketing of food and beverage products. What impact has food and beverage marketing had on the dietary patterns and health status of American children? The answer to this question has the potential to shape a generation and is the focus of *Food Marketing to Children and Youth*. This book will be of interest to parents, federal and state government agencies, educators and schools, health care professionals, industry companies, industry trade groups, media, and those involved in community and consumer advocacy.

What the Research Tells Us National Academies Press

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, life stages (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.

Our Overweight Children CreateSpace

This book examines the many roles of families in their members' food access, preferences, and consumption. It provides an overview of factors – from micro- to macro-levels – that have been linked to food insecurity and discusses policy approaches to reducing food insecurity and hunger. In addition, it addresses the links between food insecurity and overweight and obesity. The book describes changes in the U.S. food environment that may explain increases in obesity during recent decades. It explores relationships between parenting practices and the development of eating behaviors in children, highlighting the importance of family mealtimes in healthful eating. The volume provides an overview of efforts to prevent or reduce obesity in children, with attention to minority

populations and discusses research findings on targets for obesity prevention, including a focus on fathers as change agents who play a crucial, yet understudied, role in food parenting. The book acknowledges that with the current obesogenic environment in the United States and elsewhere around the world, additional and innovative efforts are needed to foster healthful eating behavior and orientations toward food in childhood and in families. This book is a must-have resource for researchers, professors, clinicians, professionals, and graduate students in developmental psychology, family studies, public health as well as numerous interrelated disciplines, including sociology, demography, social work, prevention science, educational policy, political science, and economics.

Designing, Planning, and Building for Healthy Communities National Academies Press

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.

Identification of Future Research Needs from Comparative Effectiveness Review Createspace Independent Pub

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 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.

Evidence Policy and Practice GRIN Verlag

During the past twenty years there has been a dramatic increase in obesity in the United States. An estimated thirty percent of adults in the US are obese; in 1980, only fifteen percent were. The issue is gaining greater attention with the CDC and with the public health world in general. This book will offer practical information about the methodology of epidemiologic studies of obesity, suitable for graduate students and researchers in epidemiology, and public health practitioners with an interest in the issue.

The book will be structured in four main sections, with the majority of chapters authored by Dr. Hu, and some authored by specialists in specific areas. The first section will consider issues surrounding the definition of obesity, measurement techniques, and the designs of epidemiologic studies. The second section will address the consequences of obesity, looking at epidemiologic studies that focus on cardiovascular disease, diabetes, and cancer. The third section will look at determinants of obesity, reviewing a wide range of risk factors for obesity including diet, physical activity and sedentary behaviors, sleep disorders, psychosocial factors, physical environment, biochemical and genetic predictors, and intrauterine exposures. In the final section, the author will discuss the analytical issues and challenges for epidemiologic studies of obesity.

Routledge

Future Research Needs for Childhood Obesity Prevention Programs
Future Research Needs Paper Number 31
CreateSpace

Evolution of Cardio-Metabolic Risk from Birth to Middle Age John Wiley & Sons

OBJECTIVES: Childhood obesity is a serious health problem in the United States and worldwide. More than 30 percent of American children and adolescents are overweight or obese. We assessed the effectiveness of childhood obesity prevention programs by reviewing all interventional studies that aimed to improve diet, physical activity, or both and that were conducted in schools, homes, primary care clinics, childcare settings, the community, or combinations of these settings in high-income countries. We also reviewed consumer health informatics interventions. We compared the effects of the interventions on weight-related outcomes (e.g., body mass index [BMI], waist circumference, percent body fat, skinfold thickness, prevalence of obesity and overweight); intermediate outcomes (e.g., diet, physical activity); and obesity-related clinical outcomes (e.g., blood pressure, blood lipids). **DATA SOURCES:** We searched MEDLINE(r), Embase(r), PsycInfo(r), CINAHL(r), clinicaltrials.gov, and the Cochrane Library through August 11, 2012. **METHODS:** Two reviewers independently reviewed each article for eligibility. For each study, one reviewer extracted the data and a second reviewer verified the accuracy. Both reviewers assessed the risk of bias for each study. Together, the reviewers graded the strength of the evidence (SOE) supporting interventions--diet, physical activity, or both--in each setting for the outcomes of interest. We quantitatively pooled the results of studies that were sufficiently similar. Only experimental studies with followup of at least 1 year (6 months for studies in school settings) were included. We abstracted data on comparisons of intervention versus control. **RESULTS:** We identified 34,545 unique citations and included 131 articles describing 124 interventional studies. The majority of the interventions (104 studies) were school based, although many of them included components delivered in other settings. Most were conducted in the United States and in the past decade. Results of four studies were pooled for BMI and four for BMI z-score in the school-only setting; results of five school-home studies were pooled for BMI. Other studies tested interventions delivered at home (n=6), in primary care (n=1), in childcare (n=4), and in the community (n=9). Six studies tested consumer health informatics interventions. For obesity prevention, the following settings and interventions showed benefit: school-based--diet or physical activity interventions (SOE moderate); school-based with a home component--physical activity interventions (SOE high) and both diet and physical activity (SOE moderate); school-based with home and community components--diet and physical activity interventions (SOE high); school-based with a community component--diet and physical activity interventions (SOE moderate); community with a school component--diet and physical activity interventions (SOE moderate). The strength of the evidence is either low or insufficient for the remainder of the interventions and settings. **CONCLUSIONS:** The evidence is moderate about the effectiveness of school-based interventions for childhood obesity prevention. Physical activity interventions in a school-based setting with a family component or diet and physical activity interventions in a school-based setting with home and community components have the most evidence for effectiveness. More research is needed to test interventions in other settings, such as those testing policy, environmental, and consumer health informatics strategies.

Global Perspectives on Childhood Obesity Springer Science & Business Media

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.

Threat or Opportunity? Cambridge University Press

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 in Childhood and Adolescence National Academies Press

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