

# CONTROLLING Child Obesity

KEEPING YOUR CHILDREN HEALTHY



NATURAL HEALTH SERIES

# Controlling Child Obesity Keeping Your Children Healthy

**Robert S. Andersen**



## **Controlling Child Obesity Keeping Your Children Healthy:**

**Controlling Child Obesity - Keeping Your Children Healthy** Dueep J. Singh, John Davidson, 2015-01-10 Controlling Child Obesity Keeping Your Children Healthy Table of Contents Introduction Reasons for obesity Side effects of Childhood Obesity Does Your Child Have a Genuine Weight Problem How to prevent Obesity in Your Child Healthy Convenience Food Options Homemade Burger Patties Homemade chicken Nuggets Chips Ice cream Conclusion Publisher Introduction Did you know that in the last 30 years the childhood obesity cases in children have more than doubled and more than quadrupled in teenagers and adolescents in the USA alone 7% of children were considered to be obese in 1980 In 2012 that percentage had increased to 18% In the same manner teenage obesity had increased from 5% to 21% in that particular time period What is the difference between obesity and overweight Overweight means that our body has extra body weight due to water bone fat muscle or any of these combined factors for a particular and given height On the other hand obesity is concerned with just extra body fat Millennium ago the idea of children being obese was a rather rare phenomenon They may have been overweight because of lack of physical exercise and eating lots of food indiscriminately But they were not obese because they were not genetically conditioned to be so Also sedentary lifestyles at that time was not encouraged in children because since childhood they were trained to do hard physical labor which they would continue for the rest of their lives In many parts of the world there are still societies which equate being fat and well rounded with being prosperous That is the reason why even now mothers still stuff up their children with lots and lots of food so that people do not blame them for starving their children because they are so thin How did this attitude of society come into being We have to go back millenniums ago when man was still struggling to survive That is when it was not so easy for him to get enough of food to feed his large family This is the reason why plenty of his children stayed hungry unless they could forage for themselves It was only in a comparatively prosperous family that they could get enough of food to eat in order to get fat That is when fat became synonymous with prosperity Kings and emperors were never shown to be lean slim and thin unless they were warriors and were in battle worthy conditions in wall paintings or rock carvings They had this bit of a paunch This was to show that they had enough of food to eat and to eat heartily so that they could get fat

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**The Company That Solved Health Care** John Torinus, 2010-10-05 Even with new health care policies one thing is clear health care costs will continue to rise dramatically While individuals may get better coverage businesses will have the same problem they've had for the last four decades Health care one of corporate America's largest expenses is growing at double digit rates and nothing done in Washington will change that But one medium size company set out to tame the beast of rising health care costs employing best practices and cutting edge ideas The results have caused others to sit up and take notice Serigraph Inc a Wisconsin based manufacturer of decorative parts and its chairman John Torinus did what Washington can't or won't do reduce cost increases to less than 2 percent while improving the quality of health care for its employees The implications for corporate America are staggering the opportunity for genuine reform in an expense category that has been spiraling out of control Serigraph began its initiative to control health care costs in 2003 when its annual health care bill was 5 million and another 750 000 was needed for the projected 15 percent annual increase The company employed three strategies for reform each of which can cut the health care bill by 20 percent to 40 percent consumer responsibility the primacy of primary over specialty care and centers of value Applied in concert with other management methods these three approaches almost eliminated growth in health care costs while improving the quality of employee care The results are documented They are beyond refute The Company That Solved Health Care describes the fascinating details of Serigraph's program and shows how any company can achieve similar results This book is essential reading for any manager responsible for his or her company's health care expenses any academic or thinker involved in the health care debate and anyone who wants to better understand why health

care costs have been rising and what can be done to achieve price stability while improving patient care      *Healthy Healing* Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page's book *Healthy Healing* was the only one of its kind Now updated and expanded *Healthy Healing* is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb supplements and exercise Live Longer feel better and look better naturally      *Working Mother* , 2001-05 The magazine that helps career moms balance their personal and professional lives      **SHI** , 2005 Resources to help schools assess and improve its physical activity health eating tobacco use prevention safety and asthma policies and programs      *Healthy Food For Healthy Kids* Bridget Swinney, 1999-09-01 How to get your kids to eat right and enjoy it *Hear* is a guide preparing healthy meals your kids will love to eat It tells you how to teach your children healthy eating habits and shares hints and recipes for happy mealtimes This practical book written by a mom who is also a registered dietitian offers advice on Breastfeeding when going back to work Shopping smart and setting up a healthy kid friendly kitchen Developing healthy eating habits now that can prevent heart disease cancer and osteoporosis later Managing food safety food allergies and vegetarian eating Dealing with food jags and food battles Sneaking veggies into your kids meals in a way they'll love It also provides over 100 kid tested recipes that include complete nutrition analyses      *Child and Adolescent Obesity Prevention* , 2001      *Weight Control for a Young America* Keith Klein, 1999 According to national surveys and reports childhood obesity has reached epidemic proportions in the United States and is often the cause of diabetes in youngsters **WEIGHT CONTROL FOR A YOUNG AMERICA** comes to the rescue with sound advice for healthy kids who eat right from wrong      *Gordito Doesn't Mean Healthy* Claudia González, Lourdes Alcañiz, 2006 According to the authors Latino children have the highest rate of obesity among boys and the second highest among girls This comprehensive guide is for concerned parents who want to prevent and manage their children's weight problems while still holding on to Latino culinary and cultural tradition      *The Prevention of Child and Adolescent Obesity in Iowa* , 2000      **The Care and Feeding of Healthy Kids** Sara Sloan, 1985      *Save Your Child from the Fat Epidemic* Gayle Alleman, Gayle Povich Alleman, 1999 More children are overweight today than ever before and those who aren't often have diets that may guarantee health problems in adulthood In this compelling book respected dietitian Gayle Alleman offers parents a counterattack and timely solution to this assault on their children's health      *Ebony* , 1977-05 **EBONY** is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      *Healthy Kids for Life* Charles T. Kuntzleman, 1990-04      *The Can-do Eating Plan for Overweight Kids and Teens* Michelle Daum, 1997 The Can Do Eating Plan for Overweight Kids and Teens succeeds where other programs fail because noted author and pediatric nutritionist Michelle Daum understands kids and the way they like to eat It is a medically proven program that balances sensible good for you foods with a variety of

treats and is easy to follow It has helped hundreds of children achieve normal weight and feel good about themselves For the health and happiness of your child learn Why just cutting sweets won t work the fat free fallacy and how it fools you the exercise connection and how it builds self esteem realistic goals and how your child can reach them and a balanced eating plan that will work because it s full of foods kids love for kids who love food Plus Menus with plenty of choices and a brand name product guide that lists more than 400 snacks and other fun foods that fall within the plan s nutritional guidelines Success stories that will inspire you to start a Can Do plan that will help your child control weight look better and feel great

BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved      **The Doctor's Guide to**

**Diabetes and Your Child** Allan E. Sosin, Sheila Sobell, 2000 An epidemic is sweeping America 8 million Americans have diabetes and another 8 million are thought to have diabetes without knowing it Each year over 13 000 new cases of Type 1 diabetes are diagnosed in Americans under 20 years old Over the past 5 years there has been a 10 20% increase of Type 2 diabetes in children In The Doctor s Guide to Diabetes and Your Child Dr Allan Sosin offers a program of vital importance to parents with diabetic children This is the first book written by a physician for parents of children with Type 1 and Type 2 diabetes that focuses on treatment and prevention Dr Sosin discusses the link between the dramatic increase in cases of Type 2 diabetes in children and the increase in childhood obesity Today 20% of children ages 6 17 are obese Dr Sosin demystifies caring for a diabetic child by giving the family an easy to understand nutritional program designed to minimize the need for insulin and to blunt the high and low fluctuations of blood sugar He goes beyond simply keeping glucose levels under control to the larger objective of preventing complications of the eyes kidneys nerves and cardiovascular system commonly seen in this condition as children grow into adulthood The Doctor s Guide to Diabetes and Your Child explains to readers The dangers of conventional treatment and new ways to treat diabetic children How parents can avoid drugs and surgery for their diabetic children New information on the link between diet and Type 2 diabetes Which nutritional supplements are most effective How parents can help their children adopt new approaches to nutrition exercise and stress management and see relief of symptoms      **The No-Gimmick Guide to Raising Fit Kids** Robert S. Andersen, 2006 Obesity is affecting our children at an alarming rate Today s high calorie menus and low effort lifestyles put kids at risk and can lead to negative health and social consequences Society tends to look for a quick fix but gimmicks don t work Dr Robert Andersen an award winning pediatrician and experienced dad has a common sense down to earth plan that does      The American Medical Association Guide to Your Family's Symptoms American Medical Association, 1992 You ve got a nagging headache is it simple stress something more serious Your little girl is listless and irritable do you need to rush her to the pediatrician You ll find the answers in The American Medical Association Guide to Your Family s Symptoms an easy to use guide to understanding both common and unusual symptoms of men women and children Unique at a glance charts with simple yes or no questions will help you analyze hundreds of ailments and recognize when to treat at home go to the doctor or rush to the

emergency room This unique guide is Simple and easy to use Illustrated with clear charts and drawings Filled with practical home care information and advice on alleviating symptoms Reassuring with its comprehensive emergency and first aid section An essential quick reference for problems from birth through adolescence adulthood and the later years

*Childhood Obesity--causes & Prevention* ,1998

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in this guide to napa valley wine tasting we ll discuss five of our favorite artisan wineries in the region monticello vineyards james cole winery ru vango frog s leap winery and laird family estate

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krystal c san francisco bay area 150 276 109 8 11 2011 my husband and i came to napa for our anniversary weekend and had a phenomenal time thanks to napa valley wine guides this was our first time doing a full day of wine tasting and we had no desire to do our own research

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our napa valley wine travel guide shares a brief history of the region terroir where to sip where to stay and things to do beyond the vines the napa valley is hands down the most famous of the american wine regions with nearly 500 wineries within 30 miles the valley offers something for every wine lovers palate

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napa valley wineries our deep roots produce world class wine and unforgettable experiences enjoy intimate wine tastings expansive outdoor spaces and behind the scenes private tours of wine cellars and caves plus 95 of our wineries are family owned and operated which means nearly every spot will feel like home

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while downtown napa is the heart of the city with music art and fine dining experiences napa valley is surrounded by must see wineries after you ve taken a stroll through st helena where napa s wine making began make your way to the area s most prolific wineries

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