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Titolo	Early years nutrition and healthy weight // edited by Dr Laura Stewart, Joyce Thompson ; contributors, Louise A. Baur [and fourteen others]
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ISBN	1-118-79275-0 1-119-02325-4 1-118-79276-9
Descrizione fisica	1 online resource (130 p.)
Disciplina	613/.0432
Soggetti	Children - Nutrition
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Importance of good health and nutrition pre and during pregnancy / Dr. Catherine R. Hankey -- Nutrition and health in the early years / Judy More -- Defining and measuring childhood obesity / Prof. Charlotte M. Wright -- Early life risk factors for childhood obesity / Prof. John J Reilly, Dr. Adrienne R Hughes -- Early physical activity and sedentary behaviours / Prof. Anthony D. Okely, Dr. Xanne Janssen -- Talking about weight with families / Dr. Paul Chadwick, Dr. Helen Croker -- Parenting strategies for healthy weight in childhood / Prof. Clare Collins, Dr. Tracy Burrows, Kerith Duncanson -- Pre-school interventions (prevention) / Prof. Pinki Sahota -- Contribution of food provision in primary schools to the prevention of childhood obesity / Dr. Ethan A. Bergman -- Early clinical interventions and outcomes / Prof. Louise A Baur.
Sommario/riassunto	Early Years Nutrition and Healthy Weight focuses on the early years of childhood as a key period in which eating and exercise habits are formed. Combining current evidence with practical advice, an international group of health specialists advise on the avoidance and management of childhood obesity. They look at key risk areas such as early sedentary behaviour, parental influences and underlying medical causes, and also investigate practical interventions including advice

during pregnancy, parenting strategies, and prevention during pre-school and the early school years. This practical handbook contains

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