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Descrizione fisica	1 online resource (202 p.)
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Soggetti	Obesity in children - United States - Prevention Electronic books.
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Livello bibliografico	Monografia
Note generali	"Early childhood obesity prevention policies." "Early Childhood Obesity Prevention Policies, Committee on Obesity Prevention Policies for Young Children."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Assessing risk for obesity in young children -- Physical activity -- Healthy eating -- Marketing and screen time -- Sleep -- Methods -- Emerging issues in early childhood obesity prevention.
Sommario/riassunto	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 so that they 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 report recommends that health care providers make parents aware of their child's excess weight early on. 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.

