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Sommario/riassunto	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.

