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Nota di contenuto	Cover; About the Editor; Contents; Acknowledgment and How to Cite; List of Contributors; Introduction; Part I: Overview and Rationale; Chapter 1: Childhood Obesity: A Global Public Health Crisis; Chapter 2: Reading, Writing, and Obesity: America's Failing Grade in School Nutrition and Physical Education; Part II: Examples of School-Based Programs and their Effectiveness; Chapter 3: Effectiveness of a School-Community Linked Program on Physical Activity Levels and Health-Related Quality of Life for Adolescent Girls Chapter 4: A Repeated Measures Experiment of Green Exercise to Improve Self-Esteem in UK School Children Chapter 5: Long-Term Effect of a School-Based Physical Activity Program (Kiss) on Fitness and Adiposity in Children: A Cluster-Randomized Controlled Trial; Chapter 6: School Programs and Characteristics and their Influence on Student BMI: Findings from Healthy Passages; Chapter 7: Moderating Influences of Baseline Activity Levels in School Physical Activity Programming for Children: The Ready for Recess Project Chapter 8: School-Based Programs: Lessons Learned from Catch, Planet

Health, and Not-On-TobaccoChapter 9: Associations between Eating Frequency, Adiposity, Diet, and Activity in 9-10-Year-Old Healthy-Weight and Centrally Obese Children; Part III: Recommendations for the Future; Chapter 10: Systematic Review of the Health Benefits of Physical Activity and Fitness in School-Aged Children and Youth; Chapter 11: Rethinking the Role that School Meals Play for Health and Nutrition Education: A European Perspective
Chapter 12: From "Best Practice" to "Next Practice": The Effectiveness of School-Based Health Promotion in Improving Healthy Eating and Physical Activity and Preventing Childhood ObesityChapter 13: School Health Guidelines to Promote Healthy Eating and Physical Activity: Recommendations and Reports; Author Notes

Sommario/riassunto

Childhood obesity is a major public health crisis nationally and internationally. This insightful compendium provides valuable information and assesses the research foundations behind several school initiatives to help combat the epidemic of obesity in children and adolescents, particularly using interventions to increase physical activity. The book looks at the issue from three levels: first, the effects of unhealthy eating and lack of exercise on a number of health outcomes in children and adolescents; second, successful small- and large-scale school-based interventions; and finally, synthes
