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Descrizione fisica	1 online resource (xiii, 218 pages) : digital, PDF file(s)
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- How fat is fat? Measuring and defining overweight and obesity -- Where should overweight/obese children be managed? -- How do we approach the overweight/obese child and family? -- Clinical assessment: what are the special points? -- What complications should we look for now and later? -- How does psychology influence management? -- Management: what do we mean by lifestyle changes? -- How can we reduce energy intake? -- How can we increase energy expenditure? -- What else can be done? -- How can we sustain healthy weight management? -- What can we do to prevent childhood overweight and obesity?
Sommario/riassunto	Childhood obesity is one of the most serious problems facing the developed world. It is damaging to the medical and psychological well-being of the child and casts a shadow on their future health, leading to

serious illness and ultimately premature death. Management of Childhood Obesity provides practical, realistic and easily implemented advice on sensitive approaches to children and their families in a very accessible form for all practitioners involved in the care of overweight children. Changes to diet and activity are reviewed in detail but also with the whole spectrum of eating within the family and community, including sedentariness and the significance of sleep in preventing overweight.

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