

1. Record Nr.	UNINA9910962935803321
Autore	Smith Clint
Titolo	Understanding childhood obesity // J. Clinton Smith
Pubbl/distr/stampa	Jackson : , : University Press of Mississippi, , 1999 ©1999
ISBN	1-282-82128-8 9786612821288 1-60473-702-6 0-585-20310-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xii, 160 pages) : illustrations
Collana	Understanding Health & Sickness
Disciplina	618.92/398 618.92398
Soggetti	Behavior therapy for children Children - Nutrition Obesity in children - Prevention Obesity in children - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Contents; Acknowledgments; Introduction; 1. Why Is Obesity an Important Health Problem in America?; 2. Who Is Obese, and How Do We Know?; 3. How Our Bodies Obtain Energy; 4. Obesity: A Disorder of Energy; 5. Some Factors That May Determine Obesity; 6. What Can Be Done to Prevent Childhood Obesity?; 7. If Prevention Doesn't Work; 8. The Great Beyond: New Frontiers in the Treatment of Obesity; Notes; Glossary; References; Index
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.

