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Sommario/riassunto	Childhood obesity is increasing, especially in Western Countries. Overweight and obese children are more likely to become obese adolescents and obese adults, with obvious physical and psychosocial consequences, and economic expenditures for Healthcare Systems. Based on the American Academy of Pediatrics (AAP) guidelines, this book provides paediatricians with recommendations and advices for adequate treatment and management of obesity and overweight in young patients. The included BMI-percentile-for-age calculator supplies the right treatment strategy in accordance with AAP guidelines.