

Index

- acanthosis nigricans 75, 80
 accelerometers, triaxial 146
 activity *see* physical activity (PA)
 adiposity rebound (AR) 17
 and persistent obesity 17–18
 adiposity reduction, early 18
 adolescents
 behavioural issues 55–56
 child–health care professional relationships
 55–56, 106
 childhood obesity management 39,
 41–42
 clinical approaches to 54–56
 decision-making abilities 54, 55
 dietary habits 177
 diets 130–31
 eating behaviour 106
 fattening periods 18
 lifestyle changes 106, 176
 neurodevelopment 54
 overweight/obesity prevention 176–77
 physical activity 177
 sedentary behaviour 144
 self-esteem 88
 sleep 106
 television use 100
 weight management 56
 adult obesity
 and depression 92
 drug treatment 153–54
 and socioeconomic status 9–10
 adults
 body mass index 26
 eating behaviour 114–15
 physical activity assessment 141
 advertising 184
 see also commercial promotion
 advice giving 52–53
 personalized 52–53
 advice sheets 52–53
 age differences
 body mass index 27
 percentage body fat 17
 air displacement plethysmography 22
 ALSPAC (Avon Longitudinal Study of Parents
 and Children) 86
 ambience, in childhood obesity management
 41–42
 anorexia nervosa
 characteristics 91
 early concepts of 91–92
 management 92
 risk factors 92
 symptoms 92
 see also bulimia nervosa
 appetites, in children 175
 apple-shaped obesity *see* central obesity
 AR *see* adiposity rebound (AR)
 assessment *see* clinical assessment; obesity
 assessment; physical activity
 assessment
 asthma 75–76
 Avon Longitudinal Study of Parents and
 Children (ALSPAC) 86
 bariatric surgery 153, 156–59
 complications 158–59
 outcomes 159
 and Prader–Willi syndrome 159
 procedures 158
 recommendations 157–58, 160
 see also bypass operations; gastric banding
 bedtime recommendations 99
 behavioural issues
 adolescents 55–56
 and childhood obesity 63
 see also eating behaviour; sedentary
 behaviour

208 Index

- behavioural management
 - in Prader-Willi syndrome 93–94
 - strategies 98–99
- BF *see* body fat (BF)
- %BF *see* percentage body fat (%BF)
- BI *see* bioelectrical impedance (BI)
- bingeing, and bulimia nervosa 92
- bioelectrical impedance (BI) 22
 - advantages 23
 - body fat measurement 22–23, 24
 - calibration issues 23
- birth weight, and obesity 6–7
- blood pressure (BP) 78
 - interpretation 64–67
 - measurement 64–67
 - systolic values 66, 67
 - see also* hypertension
- Blount's disease 73–74
- BMI *see* body mass index (BMI)
- Bod Pod 22
- body composition, assessment 20
- body density, measurement 19–22
- body fat (BF)
 - individual differences 15
 - measurement 19–22, 24–26
 - normal 15
 - see also* bioelectrical impedance (BI);
percentage body fat (%BF)
- body fat distribution 24–26
 - females 24
 - skinfold measurement 24
 - waist circumference measurement 24–26
 - see also* central obesity
- body mass index (BMI) 26–31
 - adults 26, 27
 - advantages of use in research 26–27
 - age differences 27
 - boys 43
 - centile charts 28, 29–30
 - children 28, 29–30, 44, 78
 - classification 26
 - cut-off points 27–29
 - girls 43
 - limitations 27, 31
 - measurement 27, 163
 - recommendations 31
 - standards 30
- boredom, and eating behaviour 118
- boys
 - body mass index 43
 - fattening periods 18
 - overweight/obesity prevalence 3
- breast feeding
 - benefits 11
 - vs. formula milk 7
 - weaning 174
 - see also* weaning
- breathing, sleep disordered 76
- breathlessness 75
- bulimia nervosa
 - and bingeing 92
 - characteristics 91
 - risk factors 92
 - see also* anorexia nervosa
- bullying 47–48, 63, 85–86
 - coping strategies 86
 - parental attitudes 85
 - resilience to 85–86
 - school policies 85
- bypass operations 158
 - complications 159
- Candida* infection 74
- cardiorespiratory disorders 75–78
- car ownership, and physical activity decline 133
- centile charts 71
 - body mass index 28, 29–30
- central obesity 24
 - waist circumference measurement 26
- central sleep apnoea 76–77
 - aetiology 76–77
 - and snoring 77
 - symptoms 77
- child-health care professional relationships
 - adolescents 55–56, 106
 - follow-up sessions 163
 - preschool children 53–54
 - psychological issues 89–90
 - recommendations 57
- childhood obesity
 - aetiology 58–63
 - genetic vs. environmental 3–6, 8–9
 - assessment issues 1
 - at-risk groups 6, 169–71
 - and behavioural issues 63
 - clinical abnormalities 59
 - clinical assessment 58–71
 - clinical examinations 63–64
 - co-morbidities 58, 72
 - complications 58, 72–82
 - cardiorespiratory disorders 75–78

- hormonal problems 79–81
- metabolic problems 79–81
- orthopaedic problems 72–74
- pseudotumor cerebri 81
- recommendations 82
- screening tests 82
- skin problems 74–75
- defining 15–33
 - recommendations 31–33
- and depression 92–93
- and developmental delay 63
- and eating disorders 91–92
- ethnic and racial differences 6
- and families 6
- family history 8–9
- health care professional attitudes 46–47
- health issues 1
- measurement 15–33
 - recommendations 31–33
- overview 1–14
- parental attitudes to 46–47, 47–51, 58
- pathology 58–63
- prevalence 1–3
 - aetiology 3–12
 - changes 8–9
 - factors 12
 - historical trends 1
 - national differences 3, 6, 99
 - prognosis 1
 - socioeconomic status 3
 - and television use 100
- preventive programmes 14
- prognosis 4, 14
- programming 6–8
- and psychoses 91
- risk factors 12
- and sedentary behaviour 100
- and sleep 99–103
- and social changes 114, 115
- television use effects 100–01
 - see also* obese children; overweight/obesity prevention
- childhood obesity management
 - adolescents 39, 41–42
 - advice giving 52–53
 - ambience 41–42
 - attendance frequency 42
 - barriers to 14
 - common characteristics 41–45
 - computer-based systems 40
 - drug treatment 153–56
 - recommendations 160
 - energy expenditure increase 132–52
 - energy intake reduction 108–31
 - facilities 33–46
 - advantages 35
 - disadvantages 35
 - issues 33–34
 - location issues 34–38
 - recommendations 45
 - staffing criteria 34
 - first-line 153
 - goals 42–44
 - group 39–40
 - guidelines 14, 153
 - at home 33
 - individual 38–39
 - multidisciplinary approaches 41
 - other strategies 153–60
 - overview 8
 - parental expectations 46
 - parental roles 41–42, 90
 - policies 33
 - procedures 38
 - programmes
 - failure factors 96–97
 - outcomes 96–97
 - psychological issues 83
 - recommendations 84, 94–95
 - recommendations 45–46
 - research programmes 39–40
 - residential 40
 - long-term 40
 - summer camps 40
 - surgical interventions 153
 - recommendations 160
 - targets 42–44
 - recommendations 45–46
 - weight loss 43, 45
 - types of 38–40
 - weight loss rates 44–45
 - see also* dietary changes; lifestyle changes; weight management
- childhood overweight
 - health issues 1
 - management 90
 - guidelines 14
 - prevalence 1–3, 170
 - aetiology 3–12
 - prognosis 4
 - see also* overweight/obesity prevention
- children

210 Index

- appetites 175
- blood pressure 66, 67, 78
- body mass index 44, 78
 - charts 28, 29–30
- fattening periods 17
- percentage body fat 16
- physical activity 175–76
 - assessment 135–36, 136–41
 - decline 135
 - time factors 136
- thought expression 51–52
- walking programmes 147
- walking to school 145–46
- weight-height relationships 26
 - see also* adolescents; boys; disabled children; girls; infants; obese children; pre-pubertal children; preschool children
- children's attitudes to weight management 51–52, 56
 - see also* parental attitudes
- clinical approaches
 - to adolescents 54–56
 - advice giving 52–53
 - difficult age groups 53–56
 - to disinterested individuals 56, 57
 - to obese children 46–57, 51–52
 - to preschool children 53–54
 - recommendations 49–51, 57
- clinical assessment 58–71
 - and clinical history 64
 - equipment 69–71
 - issues 63–64
 - recommendations 69–71
 - see also* obesity assessment
- clinical examinations 63–64
 - obese children 65
- clinical observations, in obesity assessment 33
- commercial promotion
 - regulation 184
 - snacks 183
- communities
 - and food outlets 180
 - overweight/obesity prevention 179–81
- community change, health care professionals in 185–86
- computer-based weight management
 - systems 40
- computer games 102
- computerized tomography (CT), fatness
 - measurement 19
- computer use, effects on weight management 102
- coping strategies, psycho-emotional strains 84–85
- Counterweight Project 39
- CT *see* computerized tomography (CT) 19
- cycling, decline of 133
- Department of Health (UK), guidelines 177–79
- depression
 - and adult obesity 92
 - and childhood obesity 92–93
 - and exercise 95
 - treatment 93
- developed countries, childhood obesity, prevalence 3
- developmental delay, and childhood obesity 63
- DEXA *see* dual X-ray absorptiometry
- diabetes mellitus *see* non-insulin-dependent diabetes mellitus (NIDDM)
- dietary changes
 - attitudes to 114–16
 - enjoyment maximization 117–18
 - families 97–98
 - foods 127–28
 - and hunger 128–29
 - implementation 117
 - incremental 165
 - preschool children 104
 - prioritization 117
 - recommendations 131
 - and school dinners 129–31
 - specific advice 123–26
 - structural 122
 - sustainability 126–27
 - see also* eating behaviour; food; meals
- dietary habits, adolescents 177
- dietary history
 - interpretation 111–13
 - see also* twenty-four hour dietary recall
- diets
 - adolescents 130–31
 - developing 120
 - recommendations 127–28, 172
 - structural changes 122
 - weaning 171–74
 - see also* food
- diet sheets 123
- disabled children

- dietary issues 105–06
 - and extended family 105
 - lifestyle changes 105–06
 - obesity risk 105
- disinterested individuals, clinical approaches to 56, 57
- Doppler ultrasound studies, heart 75
- drinks
 - commercial 120
 - energy intake reduction 121
 - fruit juices 121
 - likes/dislikes 113
 - management strategies 120–21
 - in schools 121
- drugs
 - in adult obesity management 153–54
 - in childhood obesity management 153–56
 - guidelines 154
- dual X-ray absorptiometry (DEXA), fatness measurement 19
- early feeding, and obesity 8, 11
 - see also* weaning
- eating behaviour
 - adolescents 106
 - adults 114–15
 - and boredom 118
 - obese children 108–14
 - recommendations 115–16
 - and weaning 11–12
 - see also* dietary changes; hunger; snacking
- eating disorders
 - and childhood obesity 91–92
 - and weight management 49
 - see also* anorexia nervosa; bulimia nervosa
- eating environments 113–14
- educational aspirations, and physical activity decline 134
- employment constraints, and physical activity decline 134
- energy balance, and obesity 10–11
- energy expenditure
 - historical trends 10–11, 132
 - increase in physical activity 143–44
 - strategies 132–52
 - see also* metabolic equivalents (METs)
- energy intake
 - determination 108, 109
 - historical trends 10
 - reduction strategies 108–31
 - drinks 121
 - food 122–23
 - recommendations 116–23, 131
- entertainment, and physical activity decline 134
- environmental factors 185
 - and childhood obesity 3–6, 8–9
- environmental temperature, and lifestyle change 102
- equipment
 - for clinical assessment 69–71
 - and physical activity decline 133
 - primary care 22–24
- ethnic and racial differences
 - childhood obesity 6
 - self-esteem 88
- exercise
 - and asthma 75–76
 - and computer games 102
 - see also* physical activity (PA); walking
- exercise bicycles 150
 - disadvantages 150
- extended family
 - attitudes 105
 - and disabled children 105
 - and treats 97–98, 104–05
- Fairtrade 180
- families
 - approaches 46–57
 - and childhood obesity 6
 - dietary changes 97–98
 - guidance 90–91
 - help-seeking motivations 46
 - in weight management 97–98
 - see also* extended family
- family contexts, obese children in 83–91
- family history
 - and obesity 8–9, 90
 - twin studies 8
- family support groups, for Prader-Willi syndrome 69
- fatness, measurement 19–31
 - recommendations 31–33
 - see also* bioelectrical impedance (BI); body fat (BF)
- fattening periods 15–18
 - early infancy 15
 - pre-pubertal males 18
 - late-pubertal females 18

212 Index

- females
 - body fat distribution 24
 - late-pubertal, fattening periods 18
 - see also* girls
- FFQs 111, 112
- flat feet 73
- follow-up sessions 163–64
- food
 - energy density modification 121–23
 - energy intake reduction 122–23
 - infrequent consumption 125
 - likes/dislikes 113
 - management strategies 119–20, 174
 - low-energy 123, 182–83
 - low glycaemic index 118–19
 - recommendations 127–28
 - see also* dietary changes; meals
- food behaviour *see* eating behaviour
- food frequency questionnaires (FFQs) 111, 112
- food industry, and overweight/obesity prevention 182–83
- food labelling 124–26
 - and Traffic Light Diet 124–26, 180
- food outlets, and communities 180
- food pyramids, for Prader-Willi syndrome 94
- food security, in Prader-Willi syndrome management 94
- For Healthy Diets 180
- formula milk, vs. breast feeding 7
- friends, lack of, and physical activities 148
- fruit juices 121

- games machines, effects on weight management 102
- gastric banding 158
 - complications 158–59
 - percentage of Guideline Daily Amount (%GDA) 126
- general practice surgeries, and childhood obesity management 38–39
- genetic factors, and childhood obesity 3–6, 8–9
- genetic predisposition, determinants 9
- genu valgum 74
- ghrelin, levels 99
- GI *see* glycaemic index (GI)
- girls
 - body mass index 43
 - fattening periods 18
 - overweight/obesity prevalence 3
- global warming 185
- glycaemic index (GI)
 - anomalies 119
 - definition 118
 - low 118–19
- government policies, overweight/obesity prevention 181–82
- group management 39–40
- group programmes, benefits 95
- growth hormone deficiency 106
- growth hormone treatment, in Prader-Willi syndrome 68–69
- Guideline Daily Amount, Percentage of (%GDA) 126
- gyms 147

- Hastings Report 184
- HCPs *see* health care professionals (HCPs)
- health care professionals (HCPs)
 - attitudes to childhood obesity 46–47
 - see also* clinical approaches
 - roles, in community change 185–86
 - see also* child-health care professional relationships; parent-health care professional relationships
- health centres
 - overweight/obesity prevention initiatives 180–81
 - support resources 181
 - weight measurement 181
- health issues, and obesity 1
- heart, Doppler ultrasound studies 75
- height measurement 70–71, 163
 - see also* body mass index (BMI)
- hepatomegaly 81
- hepatosteatorsis 81
 - non-alcoholic steatohepatitis (NASH) 81
- home equipment, and physical activity decline 133
- hormonal problems 79–81
- hunger
 - and dietary changes 128–29
 - strategies for 118, 129
- hypercapnia 76–77
- hyperinsulinaemia 75
 - and hypertension 78
- hyperlipidaemia 79, 183
- hyperpigmentation 75
- hypertension 78
 - diagnosis 78
 - and hyperinsulinaemia 78

- management 78
- hypothyroidism 106
- hypoxia 76–77
- ICP raised 81–82
- incremental changes 165
- individual management 38–39
- infants
 - fattening periods 15
 - sedentary behaviour 144
 - weight loss targets 45
- insulin resistance 80
 - see also* metabolic syndrome
- International Obesity Task Force (IOTF), obesity/overweight definition 27–29
- internet
 - children's health websites 41
 - weight management advice 40
- intracranial pressure (ICP), raised 81–82
- IOTF (International Obesity Task Force), obesity/overweight definition 27–29
- isolation (psychological) 89
- knock knees (genu valgum) 74
- labour saving devices, and physical activity decline 133
- learning difficulties, obese children 48, 63
- length measurement 70–71
- leptin
 - deficiency 3–6
 - levels 99
- lifestyle changes 96–107
 - adolescents 106, 176
 - disabled children 105–06
 - and environmental temperature 102
 - incremental 165
 - particular groups 103–06
 - preschool children 103–05
 - recommendations 98, 107
 - and sibling relationships 97
 - and television use 100–01
 - recommendations 101, 102
 - and weight management 53, 96
 - see also* behavioural management; sleep; weight management
- lifestyles, overindulgent 89
- low-energy food 123, 182–83
- magnetic resonance imaging (MRI), fatness measurement 19
- management *see* childhood obesity management
- masculine obesity *see* central obesity
- meals
 - energy intake reduction 122–23
 - organization 118
 - planning 116–17, 128
 - ready-made 114, 116
 - satisfaction from 117–18
 - school 129–31
 - for weight management 122
 - see also* school dinners
- media
 - and overweight/obesity prevention 183–85
 - potential 184
 - recommendations 184–85
- metabolic equivalents (METs) 136–39
 - definition 139
 - for physical activities 139, 140
- metabolic problems 79–81
- metabolic syndrome 80–81
 - definition 80
 - issues 80–81
 - diagnosis 80
- metformin 79
 - mechanisms 156
 - in non-insulin-dependent diabetes mellitus treatment 156
 - in obesity management 156
- METs *see* metabolic equivalents (METs)
- Mind, Exercise, Nutrition and Do it (MEND) programme 39–40
- motion sensors 141
- MRI *see* magnetic resonance imaging (MRI)
- multidisciplinary clinics 34–38
- National Healthy Schools Programme (NHSP) (UK) 170
 - participation 179
- NHSP *see* National Healthy Schools Programme (NHSP) (UK)
- NIDDM *see* non-insulin-dependent diabetes mellitus (NIDDM)
- Non-alcoholic steatohepatitis (NASH) 81
 - symptoms 81
- non-insulin-dependent diabetes mellitus (NIDDM)
 - development 79
 - management 79
 - metformin treatment 156
 - and obesity 6–7, 8, 79

214 Index

- prevalence 79
- prognosis 79
- obese children
 - blood pressure examinations 64–67
 - bullying 47–48, 63, 85–86
 - clinical approaches to 46–57
 - issues 51–52
 - clinical examinations 65
 - coping problems 84–85
 - eating behaviour 108–14
 - in family context 83–91
 - isolation 89
 - learning difficulties 48, 63
 - management locations 33–46
 - parental awareness 47–49
 - physical activity, barriers to 141–43
 - physically active 143
 - and psychological robustness 83–85
 - psychological traits 83
 - self-esteem 87–88, 89
 - summer camps 40
 - teasing 85–86
 - unhappiness 89
- obesity
 - at-risk groups 169–71
 - and birth weight 6–7
 - co-morbidities 1, 7, 135
 - defining 15–33
 - methods 19–31
 - recommendations 31–33
 - and early feeding 8, 11
 - and energy balance 10–11
 - and family history 8–9, 90
 - guidelines 13, 14
 - and health issues 1
 - measurement 15–33
 - recommendations 31–33
 - and non-insulin-dependent diabetes mellitus 6–7, 8, 79
 - parental 8
 - preventive programmes 14
 - prognosis 14
 - reports 13, 14
 - and socioeconomic status 3, 9–10, 90
 - and weaning 8, 11–12
 - see also* adult obesity; central obesity; childhood obesity; overweight/obesity prevention
- obesity assessment
 - clinical observations 33
 - two-compartment model of fat/lean tissue 19–22
 - and weight gain 33
 - see also* clinical assessment
- obesity hypoventilation syndrome 77–78
 - aetiology 77–78
 - risk factors 78
 - symptoms 77–78
 - treatment 78
- obesity prevention *see* overweight/obesity prevention
- obesity syndromes 67–69
 - and stature 59
- obstructive sleep apnoea syndrome (OSAS) 76
 - definition 76
 - prevalence 76
 - treatment 76
- Office of Communications (Ofcom), advertising policies 184
- orlistat
 - mechanisms 154–55
 - in obesity management 153–54, 154–55
 - recommendations 155
 - side effects 155
- orthopaedic problems 72–74
- OSAS *see* obstructive sleep apnoea syndrome (OSAS)
- overindulgence 89–91
- overweight
 - at-risk groups 169–71
 - defining 15–33
 - measurement 15–33
 - see also* childhood overweight
- overweight/obesity prevention 168–87
 - at-risk ages 171–77
 - adolescents 176–77
 - weaning 171–76
 - at-risk groups 169–71
 - in communities 179–81
 - and food industry 182–83
 - government policies 181–82
 - health centres
 - initiatives 180–81
 - support resources 181
 - at home 171–72
 - initiatives, evaluation 186–87
 - issues 168
 - and media 183–85
 - recommendations 184–85
 - parent participation 178–79
 - primary 170

- and primary care trusts 180–81
- programmes 168–69
 - recommendations 170–71
- recommendations 187
- schools 177–79
 - guidelines 177–79
- studies 168
- and television use 183–85
- universal 178

- PA *see* physical activity (PA)
- paediatric hospital units, and childhood obesity management 38–39
- PAL 146
- parental attitudes
 - to bullying 85
 - to childhood obesity 46–47, 47–51, 58
 - classification 47
 - to weight management 50–51, 56, 57
- parental obesity, environmental vs. genetic factors 8
- parent-health care professional relationships 46
 - follow-up sessions 163
 - non-verbal communications 49
 - parental perspectives 48–49
 - psychological issues 89–90
 - recommendations 49–51, 57
- parent participation, in overweight/obesity prevention 178–79
- parents
 - awareness 47–49
 - expectations 46
 - knowledge acquisition 49–51
 - lifestyle changes 98
 - as role models, physical activity 146–49
 - roles
 - in childhood obesity management 41–42, 90
 - in physical activity 146
 - walking programmes 147
- PCOS *see* polycystic ovary syndrome (PCOS)
- PE *see* physical education (PE)
- pedometers 141
- percentage body fat (%BF) 15
 - age differences 17
 - children 16
 - measurement 19–22
 - primary care equipment 22–24
 - see also* bioelectrical impedance (BI)
 - recommendations 31–33
 - sex differences 15, 17
 - percentage of guideline daily amount (%GDA) 126
- physical activity (PA)
 - adolescents 177
 - barriers to, obese children 141–43
 - benefits 149–50
 - and breathlessness 75
 - change implementation 146–49
 - children 175–76
 - decline
 - children 135
 - determinants 132
 - historical background 132
 - and depression 95
 - energy expenditure increase 143–44
 - formal 142, 149–50
 - health benefits 135
 - increase
 - disease risk reduction 135
 - recommendations 151
 - strategies 144–46, 152
 - incremental changes 165
 - minimum daily 136, 139
 - negotiation 148
 - parental roles 146
 - parents as role models 146–49
 - planning recommendations 148–49
 - and psychological well-being 135
 - recommendations 172
 - rewards 151
 - in schools 149
 - vigorous 146
 - see also* exercise; walking
- physical activity assessment 137
 - adults 141
 - children 135–36, 136–41
 - motion sensors 141
 - questionnaires 136
 - interpretation 136–40
 - questions 140
 - reporting errors 139–40
- physical activity level (PAL) 146
- physical education (PE)
 - barriers to 142
 - decline 134
 - resistance to 150
- physical fitness 135
- Pickwickian syndrome 77–78
- polycystic ovary syndrome (PCOS) 80, 81
 - definition 81

216 Index

- Prader-Willi syndrome (PWS) 68–69
 aetiology 68–69
 and bariatric surgery 159
 behavioural management 93–94
 family support groups 69
 food pyramids 94
 food security approach 94
 issues 67
 management 69
 symptoms 68
 treatment 68–69
- pre-pubertal children
 fattening periods 18
 stature 59
- preschool children
 child-health care professional relationships
 53–54
 clinical approaches to 53–54
 dietary changes 104
 lifestyle changes 103–05
 management problems, recommendations
 103–04
 weight management 104
- prevention *see* overweight/obesity
 prevention
- primary care equipment, body fat
 measurement 22–24
- primary care trusts, and overweight/obesity
 prevention 180–81
- programming 6–8
 determinants 7
 use of term 6
- pseudotumor cerebri 81
- psychological issues, and childhood obesity
 management 83
 recommendations 84, 94–95
- psychological robustness, challenges to 83–85
- psychological traits, obese children 83
- psychological well-being, and physical
 activity 135
- psychoses, and childhood obesity 91
- PWS *see* Prader-Willi syndrome (PWS)
- ready-made meals 114, 116
- Reaven's syndrome *see* metabolic syndrome
- reinforcement 162
- residential management 40
 long-term 40
- resting metabolic rate (RMR) 139
- rewards 151, 163
see also treats
- RMR 139
- scales (weighing) 69
- school dinners
 and dietary changes 129–31
 recommendations 130
- school failure 88
see also learning difficulties
- schools
 drinks in 121
 overweight/obesity prevention 177–79
 guidelines 177–79
 physical activity in 149
 walking to 145–46
 weight management programmes 179
- sedentary behaviour
 adolescents 144
 and childhood obesity 100
 infants 144
 motivations for 143
 reduction 143–44
 strategies 144
 and television use 143–44
- self-esteem 87–88
 adolescents 88
 cross-sectional studies 88
 effects on 87
 ethnic and racial differences 88
 low 87–88, 89
- self-worth 87–88
- sex differences, in percentage body fat 15, 17
- sibling relationships, and lifestyle changes 97
- sibutramine
 mechanisms 155
 in obesity management 153–54, 155–56
 recommendations 155–56
 side effects 155
- skinfold calipers 24, 71
- skinfolds, measurement of 24, 71
- skin problems 74–75
- sleep
 adolescents 106
 bedtime recommendations 99
 and childhood obesity 99–103
 effects on weight management 99
 and obesity prevalence differences 99
 patterns 99
- sleep apnoea *see* central sleep apnoea;
 obstructive sleep apnoea syndrome
 (OSAS)
- sleep disordered breathing 76

- slimming groups
 - computer-based programmes 40
 - limitations 39
- slipped upper femoral epiphysis (SUFE) 74
- snacking 100, 106, 114–15, 117
 - uncontrolled 89
- snacks 129
 - availability 118
 - commercial promotion 183
 - organization 118
- snoring 76
 - and central sleep apnoea 77
- social changes, and childhood obesity 114, 115
- socioeconomic status, and obesity 3, 9–10, 90
- soft drinks 120
- sphygmomanometers 71
 - cuff size 66
- spoiling 89–91
- sports, parental involvement 147
- sports clubs 147
- stadiometers 70–71
- stature
 - abnormal 59
 - and obesity syndromes 59
- step counters 141
- summer camps
 - benefits 95
 - limitations 40
- supermarkets, low-energy foods 182–83
- surgery
 - in childhood obesity management 153
 - recommendations 160
 - see also* bariatric surgery
- swimming 151
- syndrome X *see* metabolic syndrome
- tape measures, waist circumference
 - measurement 71
- teasing 85–86
- television use
 - adolescents 100
 - effects on childhood obesity 100–01
 - and lifestyle changes 100–01
 - national differences 100
 - and obesity prevalence differences 100
 - and overweight/obesity prevention 183–85
 - and physical activity decline 134
 - recommendations 101, 102
 - and sedentary behaviour 143–44
- temperature, environmental 102
- thrifty phenotype hypothesis 6–7
- time constraints, and physical activity
 - decline 134
- TLD *see* Traffic Light Diet (TLD)
- Traffic Light Diet (TLD) 123–24
 - and food labelling 124–26, 180
- training effect 135
- transport, and physical activity decline 132–33
- treats
 - edible 97–98, 104–05
 - non-edible 97–98
- triaxial accelerometers 146
- twenty-four hour dietary recall 108
 - limitations 111
 - procedure 108–11
- twin studies, family history 8
- two-compartment model of fat/lean tissue 19–22
- type 2 diabetes *see* non-insulin-dependent diabetes mellitus (NIDDM)
- underwater weighing 22
- unhappiness 89
- urbanization, and physical activity decline
 - 132–33
- victimization, susceptibility to 85–86
- vigorous activity 146
- virtual sports 102
- waist circumference measurement 24–26, 71
 - central obesity 26
 - definitional issues 25
 - recommendations 25
 - risk values 24–25
- waist:hip ratio (WHR), central obesity
 - measurement 26
- walking 145
 - decline 133
 - parental involvement 147
 - programmes 147
 - to school 145–46
- WATCH IT programme 39
- weaning
 - diet 171–74
 - and food behaviours 11–12
 - issues 175
 - and obesity 8, 11–12
 - and overweight/obesity prevention 171–76
 - progression 173, 174
 - see also* early feeding
- websites *see* internet
- weighing *see* weight measurement

218 Index

- weight control *see* weight management
- weight gain
 - child-adult progression 161
 - and obesity assessment 33
 - rate of 12
- weight-height relationships 26–31
 - children 26
 - see also* body mass index (BMI)
- weight loss, rates 44–45
- weight loss targets
 - infants 45
 - issues 43
 - recommendations 44, 45–46
- weight management
 - adolescents 56
 - children's attitudes 51–52, 56
 - community programmes 39
 - computer-based systems 40
 - computer-use effects 102
 - and eating disorders 49
 - education 43–44
 - effects on 87
 - effects of sleep on 99
 - family involvement 97–98
 - issues 50
 - lifestyle changes 53, 96
 - maintenance strategies 161–67
 - follow-up sessions 163–64
 - incremental changes 165
 - non-responders 164
 - recommendations 166–67
 - reinforcement 162
 - rewards 163
 - signing off 165–66
 - meals for 122
 - motivational issues 161
 - parental attitudes 50–51, 56, 57
 - preschool children 104
 - programmes 53
 - schools 179
 - social pressures 169
 - sustainability 126, 161–67
 - targets 42–44
 - see also* childhood obesity management
- weight measurement 69, 163
 - health centres 181
 - underwater 22
 - see also* body mass index (BMI)
- WHR *see* waist : hip ratio (WHR)
- Wii (computer game) 102

Cambridge University Press
978-0-521-60977-7 - Management of Childhood Obesity
Elizabeth Poskitt and Laurel Edmunds
Index
[More information](#)
