# Contents

Foreword by David W. Haslam  page vii  
Preface  page ix  
Acknowledgements  page xi  
List of abbreviations  page xii  

1 Introduction  page 1  
2 How fat is fat? Measuring and defining overweight and obesity  page 15  
3 Where should overweight/obese children be managed?  page 33  
4 How do we approach the overweight/obese child and family?  page 46  
5 The clinical assessment: what are the special points?  page 58  
6 What complications should we look for now and later?  page 72  
7 How does psychology influence management?  page 83  
8 Management: what do we mean by lifestyle changes?  page 96  
9 How can we reduce energy intake?  page 108  
10 How can we increase energy expenditure?  page 132  
11 What else can be done?  page 153  
12 How can we sustain healthy weight management?  page 161  
13 What can we do to prevent childhood overweight and obesity?  page 168  

References  page 188  
Index  page 207