academic performance 11, 264
and food insecurity 131
and physical activity 265
accountability 223, 224
acculturation 277
active transport 7, 82, 90, 105–10, 190, 206, 265, 294
see also Australia, walking bus program; mobility, independent
activity 24
habitual 65
see also physical activity
adiposity rebound 255
see also growth
adolescence 88–9, 273
assessment and monitoring 273
bariatric surgery 96
meal choice and regularity 88, 89
physical activity 89
snacking 88–9
television viewing 89
type 2 diabetes 195
advertising 27
children’s response to 28, 42, 122
misleading 27
negative 116
restrictions 33–4, 122
targeted 34, 114, 121; and ethnic minorities 141
television 28
see also counter-advertising; cf. marketing
advocacy 19, 43–4, 192–8, 208
decision makers 195
effective 193–4
goals 194–5
planning 194–8
upstream 243
ANGELO (Analysis Grids for Elements Linked to Obesity)
categories 54, 64, 139, 228–30
anorexia nervosa 116, 273
asthma 11, 273
Australia 8
ACE (Assessing Cost-effectiveness in Obesity)-Obesity project 54, 169, 170, 171, 172, 222
African migrant groups, obesity among 139
Be Active, Keep Well program 59
food insecurity 130
Fun’n’Healthy in Moreland program 162
Good for Kids Good for Life program 236, 238
healthy food service policy 208
Live, Eat and Play program 97, 272
Longitudinal Study of Australian Children 131
prevention programs 235–6
Obesity Policy Coalition 194
Outreach School Garden program 161
Queensland Health strategy 208
Sentinel Site for Obesity Prevention 227–30, 237
Start Right, East Right program 75
“Streets Ahead” 189–90
walking school bus 109, 190; see also active transport
behavior
change 16, 61, 95, 124, 125, 126, 224, 272, 294;
programs 97
consumption 121
expected 140
habitual 65
individual 61
maintenance 61
objectives 247
population-level 57–8, 61
risky 266; targeting 85
social determinants 61
trip-chaining 107
Belarus, Promotion of Breastfeeding Intervention Trial 72–3
birth weight 23, 72
high 23, 255, 270; and diabetes 255
low 255; and cardiovascular disease 270; and subsequent obesity 23, 255, 270
and maternal smoking 72
Blount disease 11
body image 138–44
body mass index 3–4, 254, 271
age charts 4
BMI for age reference charts 4, 254
counseling to reduce 90
cut-off values 4, 271
and increasing age 178
maternal 23
parental notification 82
self-reported 4
body size
and ethnicity 140
and fertility 140
“healthy-looking” 140
preference 140, 281; cultural influences 141;
tergenerational differences 141
and social rank 140
branding 124, 247, 248
brand loyalty 121
Brazil 5, 7
breastfeeding 23, 71, 72–3, 256, 258–9, 270, 290
and taste preference 66
bulimia 116, 273
bullying 11, 25

Canada 5, 72
Alberta Heart Health Project 62
food insecurity in 131, 132
Longitudinal Study of Child Development 132
National Population Health Survey 132
cancer
and diet 213
and physical activity 89
capacity building 221–2, 232–40
aim of 234
bottom-up approaches 235
within community 232–40
criticisms of 234
education for 236
political support 239
social support 239
capital femoral epiphysis 11, 273
car usage 91, 105, 294
see also active transport; Australia; walking bus program;
school, travel to
cardiovascular disease 10, 52, 213
and physical activity 89
child care providers and settings 72, 134, 257–8
Chile 5, 148
intervention programs 149
National School Breakfast Program 150
China 6, 7, 148
monitoring registries 20
physical activity programs 150
underweight in 6
choice 204
customer 121
and decision making 115, 125
cholelithiasis 10
chronic diseases 216
integrated prevention model 60
see also co-morbidities
collaboration, inter-sectoral 221
co-morbidities 8–12, 22, 52, 271
see also asthma; cancer; cardiovascular disease; fatty liver
disease; gall bladder disease; obstructive sleep apnea;
polycystic disease; type 2 diabetes
commerce, state-supported health criteria 26
communication
culturally competent 278–9
objectives 247
principles 244
styles 278
community
capacity building 233–4
cohesion and identity 235–6
definition 232–3
gagement 221–2
social and political support 239
Community Capacity Index 240
computer use 89
see also sedentary lifestyle; television/video viewing
convenience foods 114
see also fast foods
coronary heart disease see cardiovascular disease
cost of illness studies 168
cost-benefit analysis 250
incremental cost-effectiveness ratio 169, 172
counseling
parental 90
primary care 272
counter-advertising 116, 294
cultural groups
food-related practices in 140
values and ethnicity 225
decision making
community-level structures 237–9
emotion-driven 124
evidence-based and evidence-informed 184–5
participation 204
social context 125
Denmark
Safe Routes to School 109
traffic control measures 106
depression 11, 273
and food insecurity 131
developing countries 283–90
nutrition transition in 205
obesity in 3
obesity prevention programs 147–53
policy in 15
urbanization 6
diabetes, gestational 270
see also type 2 diabetes
diabetic dieting 178, 215
calorie control 116
Eastern Europe 8
eating
behaviors 65, 97; change 115
habits and patterns 264, 271
socio-cultural determinants 140
see also snacking
education
parental 67
programs 24, 95
see also schools
empowerment 33, 37, 233, 266
enabling 37
energy
equation balance 15, 9, 64, 115
intake and feeding recommendations 255–6
energy-dense food, preference for 66
global impact 124
environment
built 108
change 59, 61
home 64–8
modification 95, 108
obesogenic 12, 64, 286
physical 64–8
prenatal 71
socio-cultural 65, 140–1
ethical issues 31–8
and screening 179
ethnic minorities 276–81
acculturation 280
children, host language competence 280; as decision makers 280
diversity within 279
health beliefs 277, 279
health inequity among 276
European Network for Health Promoting Schools 265
evaluation 225, 239
control groups 162–3
design 160
dissemination 225
economic 167–73, 225
formative 160–1
funding 164–5, 225
principles 225
summative 161
evidence
evidence-based practice 184, 207
hierarchies 49–50
policy-making 206–7
policy relevant 207–9
fast food marketing 7
codes of conduct 17
fast food outlets 114
densities 133, 142
restrictions on 33
fatty liver disease 10–11
fetal
nutrition 270
undernutrition and growth 255
see also maternal, BMI; maternal obesity; maternal, smoking
Fiji 138
Finland, North Karelia project 58, 182
fiscal measures see taxation
food and beverages
advertising 42, 114
affordability 26, 114
availability and accessibility 65–6, 114, 117, 133, 142,
286; in schools 90
children’s purchasing behavior 121
choice 141; and availability 295; informed 212
cost and over-consumption 114, 133, 142, 287; control 116; perceived and actual 67; rising and poverty 288
craving, manipulation 115
democracy 204
energy dense 7, 24, 59, 287; perception of among ethnic minorities 281
environment 113–17, 258–9; effect on obesity 133
healthy, and neighborhood inequality 68
insecurity 24
labeling 33, 116
marketing 24, 120–7; and children 27–8
over-consumption 206
policy 205–6
portion control and size 114, 116, 258, 271
preferences 65–6
production chain 289
regulatory control 205–6
right to adequate 42
safety 213
security and insecurity 42, 130, 286–7; in children 130–1; and income instability; prevalence 130–1
socio-economic determinants 68
staples 114
status 142
subsidies 244, 287
Food and Agriculture Organization 27
Right to Food Voluntary Guidelines 42
food companies
multinationals 27
responsibility 32–3
Food and Nutrition Technical Assistance Project 130
food prices 133, 206
constraints on 206
control 116
declining and relative 114
increases 288
food system failures
engagement with 204
mapping 205
reform 205–6
formula feeding and complementary foods 24, 72, 270, 290
control of 16
International Code of Conduct on Breastfeeding Substitutes 17
cf. breastfeeding
France 5
EPODE 35, 182, 226–7, 237, 239, 243, 244, 245–51
gall bladder disease 10, 273
Global Dump Soda campaign 193
Global Prevention Alliance 217
globalization 16
of food trade 205
goal-setting 273–4
green revolution 114
growth 3, 4, 286
catch-up 270
charts 254
fetal 255
healthy 288
gestational weight gain 72
monitoring 290
normal 253–4
obesity and type 2 diabetes 286
postnatal 286
prenatal 286
references and standards 254
stunted 3, 26, 255, 288; and nutrition programs 24, 288
unhealthy 290
see also malnutrition
health
beliefs 277
determinants 43
economics 167–73
education 254, 265; school-based 82
and food insecurity 131
impact assessments 210
information providers 52
investment in 53
literacy 236
principles 266
promotion 264; school 263–8; settings 25–6
right to 43
risks 216; public awareness 33
services 25–6; see also primary care
healthy eating 59, 66
beliefs 280
parental knowledge 67–8
school-based 90
Healthy Lifestyles Healthy People obesity prevention initiative 149
high-risk groups 96
human rights 40–4
declarations 41
treaties and conventions 41
hunger, stimulated 115, 116, 287
impaired glucose tolerance 10
implementation theory 159
inactivity, see sedentary lifestyle, television viewing; cf. physical activity
indicated prevention 96
infant diet 23–4
INGOs, role in advocacy 27
insulin-resistance syndrome 10
International Health Regulations 17
International Obesity Task Force 4, 27, 80, 148, 186, 187, 215–16, 254
framework on evidence in obesity 49–55
Sydney Principles 27, 42
interventions, actions and prevention programs
behavioral 60
childcare-based 73–5
community-based 33, 58, 151, 157–65, 220–30
complex, evaluation 159, 160, 171
cost-effectiveness 53
culturally relevant and tailored 142–3, 278
culturally competent 142–3
design 222; and ethnic minorities 279
durability 36
duration of 83
economic evaluation 169
efficacy and effectiveness 53, 83–4, 152, 161–2, 181; evidenced-based 54
environmental 75
evaluation 53, 157–65; definition 158; purpose 158
evidence for 34, 38
funding 225, 237
gender-specific 84
home-based 73
mapping 186–7
multi-strategy 83, 154
multi-sectoral 185
parental involvement 69, 90–1; and BMI reporting 82; incentives 82
outcomes 164
physical activity programs 74–5
planning 222–5
political climate for 212–18
portfolio 53
proportionality 37
public health 134–5
resistance to 235
school-based 58; 149–51; primary schools 79–85; secondary schools 88–92; whole school 90
single-level and multiple 84
sustainability 24, 84, 92, 152, 164, 220–30
targeted 7, 33, 52; and value systems 195
theory 159
trials 97, 101
whole community 53
Italy, Children’s City project 110
Japan, National Nutrition Survey 177–8
knowledge
brokers 187
communication of 185
context 185
explicit and tacit 185
frameworks 186–7
transfer 236
translation and exchange 184–90; facilitators 188–9; into policy 207
leadership 208
lifestyle 24
risky 16
lobbying 196, 216–17
sugar industry 215, 216–17
malnutrition 283
coexistence with obesity 134
and subsequent obesity and chronic disease 148
see also birth weight; growth, stunted; wasting
marketing 25, 33–4, 120–7, 209
codes of conduct 17
customization 121
gifts and samples 121, 251
in-school 121
loyalty schemes 121, 125
mix 246
place and distribution 247–50
planning 126
point of sale 121
principles 245–51; research for 245
product 247
promotion 250–1
research 125–6
restrictions 33
segmentation 121
social 126, 224
sponsorship 121
maternal
anxiety 134, 271–2
BMI 23
diet and weight gain 23, 71, 72
employment 258
nutrition 269; and insulin resistance 270; and hypertension 270; management 270–1
obesity 255, 256; pre-pregnancy 72
smoking 71, 72, 255, 270
well-being 269
media advocacy 196–8
messages
culturally appropriate 281
delivery 196; to ethnic minorities 280–1
getting it right 245–6
persuasive 195
tailored 195
metabolic syndrome 10, 270, 271, 273
Mexico 148, 149
Beverage Consumption Recommendation initiative 151
food distribution programs 150
National School Breakfast Program 150
physical activity interventions 150
undernutrition 150
migration and migrants 277
acculturation 139
circumstances of 277
see also Australia, African migrant groups; ethnic minorities
mobility
adult-dependent 106–7
“free range”/“battery reared” children 105, 106
independent 105–10; and road safety 106, 189
mobilization, grass-roots 295
monitoring 4, 175–82, 210
benefits of 176
critical elements 178–9
nutrition 151
purpose 176–8
systems 19–20
moral panics 32
motor skills acquisitions 256–7
multinationals 27
musculoskeletal disorders 11
national policies 26
Netherlands 5
Kids in Balance campaign 35
school prevention programs 267
New Zealand
community identity 236
Green prescription 272
walking school bus 109
non-communicable diseases 264
control and interventions 15–16, 18
monitoring 19–20
primary care 18–19
risk factors 20
non-governmental organizations 217
Norway, structural interventions 16
nutrition
effect on academic performance 264–5, 266
fetal and postnatal 270
monitoring 151
status 4
transition 205
obesity
biological markers 96
burden 3, 22, 50–2, 53, 125, 167–8, 295
definitions 3, 4, 254
delayed onset 96
determinants and consequences 50–2, 178–9, 234
drivers 193
economic costs 168
economic decline 7, 8
as epidemic 16
global, Americas 5; Asia 6; Europe 5–6; Middle East 6;
North Africa 6; Pacific 6
measures 85; see also body mass index; waist
perception as threat 294
and race 8
responsibility for 32, 197
risk and maturation 91–2
and social class 7, 234
as socio-economic handicap 11–12
time trends 6, 177, 179
tracking 8, 23
Obesity Prevention in Communities project 142, 143, 171
observational learning/modeling 66–7
obstructive sleep apnea 11, 273
operant conditioning 66
overweight 271
cut-off 4
definition 3
self-reported 176–7
time trends 177
cf. obesity
Pacific Islands 189
Pacific Obesity Prevention Communities project 142
Pakistan 148
parental
autonomy 36
time trends 6, 177, 179
and road safety 106, 189
observation learning/modeling 66–7
obstructive sleep apnea 11, 273
overweight 271
perception and recognition of childhood obesity 102, 103
time trends 177
self-reported 176–7
tracking 8, 23
Parents Jury 194, 239
partnership 121, 221, 251, 266, 273
with ethnic minority community leaders 278
with family 280
pharmaceutical treatments 273
physical activity 65, 72, 256–7, 271
and adolescence 89
after-school activities 265, 267
and crime rates 68
environments 259
interventions 97
opportunities for 59
parental support 67
PE 25, 81, 264, 265, 266–7
perception of among ethnic minorities 281
policy environment for 206
school-based 81
socio-economic determinants 107, 265
walking and cycling, influences on 91; see also Australia, walking bus program; environment, built; school, travel to; traffic calming
play 256
see also physical activity
policy 203–10
development 209
evidence for 34
governmental 203–10; and market intervention 287–8
implementation 212–13
instruments 206
national 26
political will 209
restrictive 33–4
targeted 35
polycystic ovary syndrome 10, 273
poverty 129–35, 286–7, 288
absolute and relative 129
and childhood obesity 131–4
see also food insecurity
pregnancy, maternal weight gain during 72
preschool children and settings 25, 71–6, 253–9
see also child care
prevalence 3, 22, 80, 148, 263
global 5, 22, 80
macro-environmental factors 133
preschool 71
stabilization 293
prevention 292–6
classification system 95
community approaches 58
evidence-based 49–55
life-course approach 23–5
multi-strategy/multi-setting 59–61
programs 96–101
as social movement 296
in schools 263–8
US Institute of Medicine definition 95
primary care 18–19, 26, 94–103, 269–74
evidence and guidelines 96–101
practitioners 101
WHO definition 94
priority setting 171–3
Pro Children Study (Europe) 66, 69
promise tables 53, 186–7
proportionality 37
puberty, age at 92
public health
advocacy 192
evidence-based 49–55
global control strategies 16–18
international approaches 16
interventions 134–5
life-course approach 79
responsibility for 16
purchasing power 121
see also food security
quality adjusted life years 169, 70
randomized controlled trials 159–62
control group allocation 162–3
recreation facilities, access to 295
research
applied 158
design 159, 160
evaluation 158
experimental 159
science-based 151
transferability 188
translation into policy 207
resources, access to 237
responsibility 32
governmental 43
parental 32, 295
risk 213
community awareness of 234–5
perception of 214
regulators 61–2
surveillance 20
role modeling 208
Russia 6–7, 8
schools 263–8
cookery skills as compulsory education 266
food policy and environment 59, 80, 90, 224
health centers 82
and obesity prevention 25
playtime 81–2; see also physical activity, PE
school meals 75–6, 80–1, 209, 264
secondary schools 88–92
tavel to 8, 90, 105, 106–7; Safe Routes to School programs 109
vending machines and tuck-shops in 81, 90, 117
School Wellness program 82
Schools for Health in Europe network 265–6
screening 12, 171, 175, 179–81, 271
sedentary lifestyle and behavior 7, 3, 15, 65, 89, 97 and osteoporosis 89
selective prevention programs 96
self-control, acquired 36–7, 113
self-efficacy 109, 113
self-esteem 11
skin-fold thickness measure 91, 92
see also monitoring; cf. body mass index
snacking 24, 88–9, 271
social change 224
models 57–8
social justice 295
social marginalization 11
social marketing 224, 243–51
upstream and downstream 243–4
social planning 108–9
socialization 64
socioeconomic determinants 7, 67–8, 234–5
disadvantage and adult obesity 287
status and obesity 133
sponsorship 121, 238
in schools 25
stakeholders 221
opinion 50
relationships 185
status
of food 142
social 140
stigma 11, 25, 34–5, 38, 82, 221, 294
stress
financial 129–30, 132, 134
parental 134
Sub-Saharan Africa 6
surveillance, clinical 175
sustainability 220–30, 239
taste preferences 66
taxation 33, 116, 210, 244, 287, 294
teasing 11
see also bullying; self-esteem; stigma
television/video viewing 7, 24, 65, 67, 72, 74, 89, 236, 257, 272
eating during 67, 271
see also sedentary lifestyle
Thailand 148
physical activity intervention programs 74, 149
tobacco control 16, 33, 122–6, 175, 292, 293
Framework Convention on Tobacco Control 17, 124, 175, 216
international-level 16, 124
population-level 123
Truth campaign (US) 124
town planning 108
traffic
calming and speed limits 108
casualties 108
transport
active, preference for 107, determinants of 107
planning 108
trends, monitoring 176
type 2 diabetes 9–10, 52, 179, 213, 270, 273
undernutrition 6
coexistence with overnutrition 283–5
programs 24
UNICEF
Baby Friendly Initiative 270–1, 274
Child-Friendly Cities 109–10
United Kingdom 5
Cooking Bus 266
Evaluation of School Travel Plans 109
Food and Fitness Implementation Plan (Wales) 266
Foresight program and report 193, 217
Free School Breakfast program (Wales) 161
Healthy Living centers 238–9
Home Zone projects 108
National Child Measurement Programme 177, 179, 181
National Study of Health and Growth 131
physical activity programs (Scotland) 74–5
screening 271
Sustainable Health Action Research Programme (Wales) 235
United Nations
Convention on the Rights of the Child 41, 110, 274
Declaration of Human Rights 41
Standing Committee on Nutrition 41
United States 5
African Americans, obesity among 138–9
Behavioral Risk Factor Surveillance System 176
Bogalusa Hearty Study 8, 10
Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System 293; BMI charts 271
children’s purchasing power 121
“Color Me Healthy” intervention 75
Community-Based Education Resource 110
food insecurity 130–1, 132
Hip Hop to Health Junior program 74, 142, 143
Institute of Medicine, Report on Food Marketing to Children and Youth 121
Market for Kids’ Foods and Beverages Report 121
Mexican Americans, obesity among 139
Memphis Girls Health Enrichment Multi-site Studies project 142, 143
Index

Minnesota Heart Health Project 58
National Health and Nutrition Examination Surveys 5, 139, 176, 293
National Longitudinal Survey of Youth 11
obesity in 5
Pathways intervention 58–9
Pawtucket Heart Health Program 58
“Planet Health” 53, 267
poverty in 132; social programs to redress 133
Preventive Services Task Force 8, 271
School Health Policies and Programs Survey 293
screening recommendations 271
Shape Up Somerville project 59, 61, 237
Stanford Five-City Project 58
Stanford Three Community Study 58
universal prevention programs 95
urban renewal 110
urbanization 288
victim blaming 197
waist circumference 271, 273
see also monitoring; cf. body mass index
wasting 288
see also growth, stunted; malnutrition
weight
loss, maintenance and management 272
weight-for-height 3
World Health Assembly

International Code on Breastfeeding Substitutes 17
International Health Regulations 17
World Health Declaration (1998) 43
World Health Organization 4
Alma Ata Declaration (1978) 43, 94, 274
Bangkok Charter 85, 233
code 26
definition on overweight 4
Diet, Nutrition and the Prevention of Chronic Diseases
report 215
feeding recommendations 254
Framework Convention on Tobacco Control 17, 124, 175
Global Strategy on Diet, Physical Activity and Health
26, 33, 216, 217
Growing through Adolescence 267
growth charts 4
Health Promoting Schools program 80
Health Promotion Glossary 233
Jakarta Declaration 233, 234
Multi-country Growth Reference Standard 254
“916” report 216, 217
nutrition-friendly school initiative 267, 268
Ottawa Charter 85, 233, 264
reports and recommendations 215–17
STEPwise approach to Surveillance 176
World Trade Organization 205
free trade exemptions 17–18
and international trade 17