

Management Of Childhood Obesity

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Provides guidance to all healthcare professionals on helping overweight children and their families. Childhood obesity is one of the most serious problems facing the developed world. It is damaging to the medical and psychological well-being of the child and casts a shadow on their future health, leading to serious illness and ultimately premature death. Management of Childhood Obesity provides practical, realistic and easily implemented advice on sensitive approaches to children and their families in a very accessible form for all practitioners involved in the care of overweight children. Changes to diet and activity are reviewed in detail but also with the whole spectrum of eating within the family and community, including sedentariness and the significance of sleep in preventing overweight. EAN/ISBN : 9780511380723 Publisher(s): Cambridge University Press Format: ePub/PDF Author(s): Poskitt, Elizabeth - Edmunds, Laurel

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