

Contents

<i>List of figures</i>	ix
<i>List of tables</i>	x
<i>List of boxes</i>	xi
<i>List of contributors</i>	xii
1 Childhood obesity – an introduction	1
J. YEUNG AND A.P. HILLS	
<i>Introduction</i>	1
<i>Aetiology of obesity</i>	2
<i>The impact of the environment in the promotion of childhood obesity</i>	3
<i>Behavioural determinants of obesity and the effect of the environment</i>	4
<i>Necessary modifications to the environment to afford a shift in activity levels</i>	5
<i>Role of different settings</i>	6
2 Tracking of overweight and obesity from childhood into adulthood: health consequences and implications for further research	11
M.I.M. CHIN A PAW, A.S. SINGH, J.W.R. TWISK AND W. VAN MECHELEN	
<i>Introduction</i>	11
<i>Defining overweight and obesity</i>	11
<i>Tracking of overweight and obesity from childhood into adulthood</i>	12
<i>Childhood obesity and long-term health consequences</i>	20
<i>Discussion</i>	20
<i>Conclusion</i>	21

3	Clinical correlates of overweight and obesity	25
	E. DENNEY-WILSON AND L.A. BAUR	
	<i>Introduction</i>	25
	<i>The prevalence of complications</i>	25
	<i>The importance of abdominal fat</i>	26
	<i>Complications occurring during childhood and adolescence</i>	26
	<i>Adult complications arising from child and adolescent obesity</i>	30
	<i>Conclusion</i>	32
4	Body composition assessment in children and adolescents – implications for obesity	37
	A.P. HILLS AND M. KAGAWA	
	<i>Introduction</i>	37
	<i>Changes in body composition</i>	37
	<i>Assessment of body composition</i>	38
	<i>Anthropometry</i>	39
	<i>Conclusions</i>	46
5	The importance of physical activity in the growth and development of children	50
	N.M. BYRNE AND A.P. HILLS	
	<i>Introduction</i>	50
	<i>Physical activity and obesity prevention in youngsters</i>	50
	<i>Physical activity during the growing years</i>	52
	<i>Regular physical activity and normal motor development</i>	54
	<i>Physical activity and public health challenges</i>	55
	<i>Physical activity recommendations for children: what is the evidence?</i>	56
	<i>Summary</i>	57
6	The role of perceived competence in the motivation of obese children to be physically active	61
	L.M. LYELL, S.C. WEARING AND A.P. HILLS	
	<i>Introduction</i>	61
	<i>Background</i>	61
	<i>Definitions and models</i>	63
	<i>Perceived competence and physical activity in the obese child</i>	66
	<i>Recommendations for design and delivery of physical activity interventions</i>	67
	<i>Conclusions</i>	74

7	Psychosocial aspects of childhood obesity	80
	S.M. BYRNE AND M. LA PUMA	
	<i>Introduction</i> 80	
	<i>Socioeconomic status</i> 80	
	<i>What might explain the relationship between SES and obesity in developed countries?</i> 81	
	<i>Societal attitudes toward obesity and discrimination</i> 81	
	<i>What about overweight children's views?</i> 82	
	<i>The influence of parents, families and peers on the development and consequences of obesity</i> 83	
	<i>Psychological factors</i> 85	
	<i>Conclusions</i> 89	
8	Physical activity, appetite control and energy balance: implications for obesity	92
	N.A. KING	
	<i>Introduction</i> 92	
	<i>Physical activity and energy balance regulation</i> 92	
	<i>Physical activity and obesity</i> 93	
	<i>Physical activity and appetite control</i> 95	
	<i>The role of physical activity in weight control</i> 96	
	<i>Conclusion</i> 97	
9	Eating behaviour in children and the measurement of food intake	103
	J. BRESSAN, A.P. HILLS AND H.H.M. HERMSDORFF	
	<i>Introduction</i> 103	
	<i>Eating behaviour in children</i> 103	
	<i>Methods of dietary assessment</i> 104	
	<i>Assessment of energy intake</i> 105	
	<i>Measurement in children</i> 107	
	<i>Improvement of methods</i> 109	
	<i>Conclusions</i> 110	
10	Physical activity behaviour in children and the measurement of physical activity	113
	L.M. TOMSON, T.F. CUDDIHY, M. DAVIDSON AND R.P. PANGRAZI	
	<i>Introduction</i> 113	
	<i>Children's physical activity levels in Australia</i> 116	
	<i>Physical activity and girls</i> 117	

<i>Schools as settings for promotion of physical activity</i>	118
<i>Physical activity out of school hours</i>	119
<i>Active transport to and from school</i>	119
<i>Monitoring and measuring physical activity levels</i>	120
11 Environmental factors and physical activity in children: implications for active transport programmes	130
J. YEUNG, S.C. WEARING AND A.P. HILLS	
<i>Introduction</i>	130
<i>Modifications to the environment necessary to afford a shift in activity levels</i>	131
<i>The ANGELO framework – a means of understanding the obesogenic environment</i>	131
<i>Obesogenic elements in microenvironmental settings</i>	133
<i>Macroenvironments</i>	135
<i>Active commuting to school – a sound investment?</i>	136
<i>Conclusion</i>	138
12 Interventions for the prevention and management of childhood obesity	142
B. DEFORCHE, I. DE BOURDEAUDHUIJ AND A.P. HILLS	
<i>Introduction</i>	142
<i>Interventions within the family</i>	143
<i>School-based interventions</i>	145
<i>Interventions within the community</i>	146
<i>Treatment of childhood obesity</i>	146
<i>Negative consequences of dietary interventions</i>	150
<i>Programmed exercise</i>	151
<i>Lifestyle activities</i>	153
<i>Decreasing sedentary activities</i>	153
<i>Family involvement</i>	154
<i>Behavioural modifications</i>	154
<i>Types of programme</i>	158
<i>Maintenance of weight loss</i>	159
 <i>Index</i>	 164

Figures

4.1	Body mass index-for-age chart (boys)	40
4.2	Body mass index-for-age chart (girls)	41
6.1	A schematic diagram outlining the potential barriers associated with physical activity in obese individuals	62
6.2	Illustration of the Competence Motivation Theory	64
10.1	Step comparisons of most active and least active boys from age 6 to 15 years	117

Tables

2.1	Summary of studies on tracking of overweight from childhood to adulthood	13
2.2	Summary of studies on health consequences of childhood overweight	16
3.1	Potential obesity-associated complications among children and adolescents	26
4.1	Cut-off values for overweight and obesity up to 18 years of age	42
10.1	Steps/day for youth, stratified by weight status	116
11.1	Environmental considerations in promoting physical activity as a method to prevent childhood obesity	132

Boxes

12.1	Nutritional guidelines to prevent obesity in young children	143
12.2	Physical activity guidelines to prevent obesity in young children	145
12.3	Guidelines to develop a school-based obesity prevention programme	146
12.4	Guidelines for nutritional intervention in obese children	148
12.5	Guidelines to develop an exercise programme for obese children	151