

Hatherleigh Press

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***Underage and Overweight:
Our Childhood Obesity Crisis—What
Every Family Needs to Know***

Frances M. Berg, MS, LN

HIGHLY RECOMMENDED —Library Journal

The statistics are alarming: Over the past three decades obesity has tripled for children and teens, increasing to the point where 15 percent are overweight and another 15 percent are at risk. Youth obesity, now skyrocketing, is associated with increases in high blood pressure, high cholesterol, and type 2 diabetes. But this is only part of the scene. America’s children are at increasingly high risk as well for deadly eating disorders, nutrient deficiencies, hazardous weight loss, size harassment, and body hatred.

How did we get to this point? What does it mean for parents and health providers? And most important, where do we go from here?

The answers are in this groundbreaking new book: *Underage and Overweight*. In it, noted childhood obesity expert Frances M. Berg addresses the complex problems of child obesity and teaches the secrets of raising healthy children. Hard-hitting but compassionate, this important book lays bare the weaknesses of current health care for large children, and offers a new philosophy of health at every size.

A helpful and insightful guide to healthy living for the whole family, *Underage and Overweight* provides solutions for parents who are concerned about overweight or obesity in their children – or who simply want to learn how to help their children lead healthier, more active lives. Includes a 7-Step plan for raising healthy weight children. Revised and updated in 2005 paperback edition.

“A superb job of translating the medicine and science around obesity into lay terms, and packaging it into a usable form that will really help our children. If you are concerned about childhood obesity, then read this book first!”

—Wayne C. Miller, PhD, Professor, George Washington University Medical Center

About the Author

An internationally known authority on weight and eating, **Frances Berg** is the founder, long term editor and publisher of *Healthy Weight Journal*, and author of 11 books. For over two decades she has reported obesity research to health professionals and consumers worldwide. Berg is a licensed nutritionist, family wellness specialist, and adjunct professor at the University of North Dakota School of Medicine.

***Underage and Overweight: Our Childhood Obesity Crisis
—What Every Family Needs to Know***

In Bookstores Everywhere June 2005. ISBN 1-57826193-7
\$16.95 Paperback / 496 pages / 6 X 9
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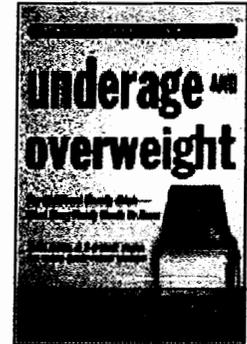
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Underage and Overweight

Frances M. Berg, MS, LN



KEY POINTS

- 1. Our childhood obesity crisis.** Over the past three decades obesity has tripled for children and teens, linked to increases in high blood pressure and type 2 diabetes. Our children are at high risk as well for related problems: deadly eating disorders, nutrient deficiencies, hazardous weight loss, size harassment, body hatred.
- 2. Causes.** The first step in solving this health crisis is understanding it. *Underage and Overweight* clearly lays out the causes of the current crisis, and how it has been exacerbated by national policy and the media.
- 3. False starts.** Past solutions haven't worked. Putting kids on diets, scaring them about the risks of obesity, and allowing the weight loss industry to dictate U.S. health policy only creates more problems.
"Finally! Some sanity in the midst of the 'war on childhood obesity.' Berg's groundbreaking work promises to help move children to healthy, confident, diet-free lifestyles ...and the 'childhood obesity crisis' is a thing of the past." –Karin Kratina, PhD, RD, Nutrition Therapist, GainesvilleFL
- 4. Health at Every Size.** This important book offers a new philosophy for parents, teachers, and policy makers of helping people at the size they are. Parents are assured that both smaller and larger children are a normal part of the human spectrum, and they can be healthy at their natural sizes.
"Underage and Overweight will go a long way toward eliminating the suffering of children brought on by our culture of dieting and our obsession with thinness." –Jon Robison, PhD, Michigan State University
- 5. Helping the overweight child.** The large child needs lots of love, compassion, respect, and appreciation of his or her unique talents and traits. Gradual changes are effective in establishing a healthier, happier lifestyle.
- 6. School programs.** Comprehensive programs target the prevention of both obesity and eating disorders with an overall goal of "healthy students of all sizes." Consistent messages from teachers and staff ensure a nurturing environment that includes active living, healthful eating, and respect and appreciation for each child.
- 7. Health care.** When health care providers set goals of improved health (not "ideal" weight) they can do what they do best: provide successful science-based care, instead of weight-cycling their young patients and repeating past weight loss failures.
- 8. The 7-step plan.** This plan for raising healthy-weight children helps parents set priorities and establish normalized nondiet lifestyles in their child's life – and in their own lives.

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ABOUT THE AUTHOR



An internationally known authority on weight and eating, **FRANCES M. BERG** is a licensed nutritionist, family wellness specialist, and adjunct professor at the University of North Dakota School of Medicine. She is the founder, long-term editor and publisher of *Healthy Weight Journal*, and has written 11 books.

For over two decades Berg has reported obesity research to health professionals and consumers worldwide. She is a pioneer in the Health at Every Size movement, which recommends a health-centered, not weight-centered, approach to helping children and adults of all sizes. She has been an outspoken critic of abuse by the weight loss industry and its efforts to dictate U.S. health policy.

Her new book *Underage and Overweight: Our Childhood Obesity Crisis—What Every Family Needs to Know* explores the complex issues of weight and eating, and provides a 7-step plan for raising healthy-weight children. Other recent books are *Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World* and *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*.

An advocate of sound prevention in schools, Frances Berg is lead author for the Society for Nutrition Education paper “Guidelines for Childhood Obesity Prevention Programs” that calls for comprehensive school programs that do no harm. She was instrumental in developing the North Dakota Healthy Weight Council position paper “Measuring Heights and Weights in Schools,” which advises against routine weighing of students, and served as a national reviewer for the Michigan consensus paper “The Role of Michigan Schools in Promoting Healthy Weight.”

Weight loss quackery and fraud is another concern. She started the Slim Chance Awards, now in their 17th year, and annually announces the year’s “worst” weight loss promotions on Rid the World of Fad Diets and Gimmicks Day. Berg also sponsors Healthy Weight Week, celebrated the third week each January to honor healthy nondiet lifestyles, through her Healthy Weight Network. She also serves as chair of the Task Force on Weight Loss Abuse for the National Council Against Health Fraud.

Frances Berg has been a guest on national television including Oprah, Leeza, and Inside Edition, and presents seminars at national and international conferences. Her master’s degree is from the University of Minnesota and her undergraduate work from Montana State University in Bozeman.

For more information and book excerpts visit www.healthyweight.net

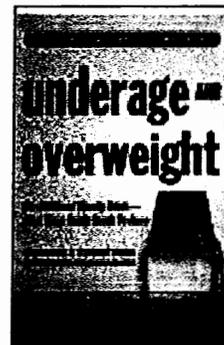
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REVIEWS

Offers much valuable advice. —THE NEW YORK TIMES

Highly recommended. Berg has written a reassuring, practical book that will help both parents and children lead healthier lives. [Her] positive, encouraging tone is a refreshing response to more alarmist titles and popular fad diet books. —LIBRARY JOURNAL

This plan is a breath of fresh air, respectful to children, practical for families, beneficial to communities ... There is an urgent need for health-care providers to unite to deliver the same positive and practical messages. If we all read this book, we could begin to make headway on this vital issue. —PUBLIC HEALTH ASSOCIATION NEWS

We need to be careful that as we prepare to declare war on obesity, we don't knock down the gains made to combat eating disorders. "We need to coordinate obesity efforts with eating disorders prevention," says Frances Berg. "They are interrelated issues." —USA TODAY

Addresses the causes and consequences of childhood obesity, and presents a 7-step plan for raising healthy-weight children. —WIN NEWSLETTER, NATIONAL INSTITUTES OF HEALTH

With her usual scholarly but readable style Berg's newest book makes the case against putting children on diets. She also stands up for the largest children. "If a weight loss intervention doesn't work for healthy, moderately-overweight kids and can harm them," she writes. "Why would any responsible physician prescribe it for the severely obese child?" —ASSOCIATION FOR SIZE DIVERSITY AND HEALTH NEWSLETTER

Berg describes America's current childhood obesity crisis, identifying potential root causes as well as solutions to the problem while reiterating the "health at any size" message of her previous books. The book presents a new perspective on how to solve the obesity crisis along with the tools needed to develop wellness in children of all sizes. —JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION

Provides suggestions for school systems.

—CHOICE, AMERICAN LIBRARY ASSOCIATION

It's the second half that really shines. The focus is on what should really count – a child's overall health and well-being. Berg shares many examples of successful programs already in place and then walks parents through various obstacles to changing the way they think about food and physical activity.

—COLUMBIA RIVER EATING DISORDER NETWORK NEWS

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