OVERWEIGHT

What Kids Say

Dr. Robert A. Pretlow, MD, MSEE, FAAP
This book is dedicated...

To the hundreds of thousands of courageous kids from all over the world, who, on their own, seek help for their weight problem on the Internet and on our website. To those with the greatest measure of courage, who openly share their stories, struggles, and successes. And, to those with even a small degree of success, who become helpers to those just starting out.
OVERWEIGHT: What Kids Say

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   high pleasure food – industrialization &
   food science
2) Junk food availability
3) Fast food availability
4) Comfort Food industry
5) Increased stress in kids and using
   food to cope
6) Kids are less active

Are food companies ‘feeding’ food dependence?
How then can kids lose weight?

1) Develop motivation
2) Make a plan
3) Arrange support persons
4) Eliminate, hide, and stay away from
   tempting foods

Gradual method for kids to lose weight
   (removing the culprit one by one)

Withdrawal cycling

Knowledge about healthy eating is not enough

Public Policy

1) Evaluate limiting exposure and access by
   kids to junk food and fast food
2) Focus on the reasons kids overeat
3) Address the reasons for the adult obesity
   epidemic
4) Design weight loss programs to be more
   like addiction medicine programs

Out of the Mouths of Babes

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