

# PAEDIATRIC OBESITY

Not only  
a weight concern

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# 1 Preface

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The rapid rise in obesity prevalence among children is a mirror of the future epidemic of obesity-related medical conditions. Childhood obesity may also be accompanied by health problems that require medical attention at the time of diagnosis. Approximately 60% of overweight youth, including children aged 5 to 10 years, have at least one risk factor for future cardiovascular disease.

As primary health care providers and family pediatricians care for increasing numbers of overweight children, appropriate identification of medical conditions and risks become increasingly important.

The handbook by Pietrobelli, "Pediatric Obesity: not only a weight concern", provides detailed information for weight management starting from body composition and clinical assessment to comprehensive multidisciplinary treatment. It is fundamental for daily clinical practice to have clear and simple directions for intervention using dietary modification, increased physical activity and behavior therapy. Recent studies indicate that comprehensive interventions that include behavioral therapy along with changes in nutrition and physical activity are the most successful approaches to improving long-term weight control and health status.

Pietrobelli's timely handbook provides guidance on obesity treatment to practitioners offering a comprehensive approach that is reasonable, feasible, and flexible.

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