



# POLICY BRIEF

Translating early childhood research evidence to inform policy and practice

## Overweight and obesity in childhood

ACE, (2006). **ACE-Obesity. Assessing Cost-Effectiveness of obesity intervention in children and adolescents.** Victorian Government Department of Human Services, Melbourne, Victoria. [http://www.health.vic.gov.au/healthpromotion/downloads/ace\\_obesity.pdf](http://www.health.vic.gov.au/healthpromotion/downloads/ace_obesity.pdf)

ACCESS Economics, (2006). **The Economic Costs of Obesity.** Access Economics: Australia. <http://www.accesseconomics.com.au/publicationsreports/showreport.php?id=102&searchfor=2006&searchby=year>

Agras, W.S. (2005). Risk factors for childhood overweight. **Current opinion in pediatrics**, **17**, 648-652.

Barlow, S.E., and Dietz, W.H. (1998). Obesity evaluation and treatment: expert committee recommendations. **Pediatrics**, **102**, e29.

Batch, J., and Baur, L. (2005). Management and Prevention of Obesity and its complications in children and adolescents. **Medical Journal of Australia**, **183**, 130-134.

Booth, M., Wake, M., Armstrong, T., Chey, T., Hesketh, K., and Mathur, S. (2001). The epidemiology of overweight and obesity among Australian children and adolescents, 1995-1997. **Australian and New Zealand Journal of Public Health**, **25**, 162-9.

Booth, M.L., Chey, T., Wake, M., Norton, K., Hesketh, K., Dollman, J., and Robertson, I. (2003). Change in prevalence of overweight and obesity among young Australians, 1969-1997. **American Journal of Clinical Nutrition**, **77** (1), 29-36.

Booth, M, Okely, A.D., Denney-Wilson, E., Hardy, L., Yang, B., and Dobbins, T. (2006). **NSW Schools Physical Activity and Nutrition Survey (SPANS) 2004: Summary Report.** Sydney: NSW Department of Health. [http://www.health.nsw.gov.au/pubs/2006/pdf/spans\\_report.pdf](http://www.health.nsw.gov.au/pubs/2006/pdf/spans_report.pdf)

Commonwealth Department of Health and Aged Care. (1998). **National Nutrition Survey 1995.** Canberra.

Cook, P., Rutishauser, I.H.E., and Seelig, M. (2001). **Comparable data on food and nutrient intake and physical measurements from the 1983, 1985 and 1995 National Nutrition Surveys.** Australian Food and Nutrition Monitoring Unit, Brisbane.

Davison, K.K., and Birch, L.L. (2001). Weight status, parent reaction, and self-concept in five-year-old girls. **Pediatrics**, **107**, 46-53.

Drewnowski, A., and Specter, S.E. (2004). Poverty and obesity: the role of energy density and energy costs. **American Journal of Clinical Nutrition**, **79** (1), 6-16, 2004.

Ebbeling, C.B., Pawlak, D.B., and Ludwig, D.S. (2002). Childhood obesity: public-health crisis, common sense cure. **Lancet**, **369**, 473-482.

Ellaway, A., Macintyre, S., and Bonnefoy, X. (2005). Graffiti, greenery, and obesity in adults: secondary analysis of European cross sectional survey. **British Medical Journal**, **331**, 611-612.

Fisher, J.O., Birch, L.L. (1995), Fat preferences and fat consumption of 3- to 5-year-old children are related to parental adiposity. **Journal of the American Dietetic Association**, **95**, 759-764.

Gerner, B., McCallum, Z., Sheehan, J., Harris, C., and Wake, M. (2006). Are general practitioners equipped to detect child overweight/obesity? Survey and audit. **Journal of Paediatrics and Child Health**, **42** (4), 208-213.

Golan, M., Kaufman, V., and Shahar, D. (2006). Childhood obesity treatment: targeting parents exclusively v. parents and children. **British Medical Journal**, **95**, 1008-1015.

Harvey-Berino, J., and Rourke, J. (2003). Obesity prevention in preschool Native-American children: a pilot study using home visiting. **Obesity Research**, **1**, 606-611.

Hediger, M.L., Overpeck, M.D., Kuczmarski, R.J., and Ruan, W.J. (2001). Association between infant breastfeeding and overweight in young children. **Journal of the American Medical Association**, **285**, 2453-2460.

Lobstein, T., Baur, L., and Uauy, R. (2004). Obesity in children and young people: a crisis in public health. **Obesity Review** **5**, Supplement 1, 4-104.

Keith, S.W., Redden, D.T., and Katzmarzyk, P.T., Boggiano, M.M., Hanlon, E.C., Benca, R.M., Ruden, D., Pietrobelli, J.L., Barger, J.L., Fontaine, K.L., Wang, C., Aronne, L.J., Wright, S.M., Baskin, M., Dhurandhar, N.V., Lijoi, M.C., Grilo, C.M., DeLuca, M., Westfall, A.O., and Allison, D.B. (2006). Putative contributors to the secular increase in obesity: exploring the roads less traveled. **International Journal of Obesity**, **30** (11), 1585-1594.

Matheson, D., Killen, J.D., Wang, Y., Varady, A., and Robinson, T.N. (2004). Children's food consumption during television viewing. **American Journal of Clinical Nutrition**, **79**, 1088-1094.

Must, A., Jacques, P.F., Dallal, G.E., Bajema, C.J., and Dietz, W.H. (1992). Long-term morbidity and mortality of overweight adolescents. **The New England Journal of Medicine**, **327**, 1350-1355.

McLean, K., Wake, M., and McCallum, Z. (2006). Overweight in medical paediatric inpatients: detection and parent expectations. **Journal of Paediatrics and Child Health**, **43**, (4), 262-270.

Mendoza, J.A., Drewnowski, A., Cheadle, A., and Christakis, D.A. (2006). Dietary energy density is associated with selected predictors of obesity in U.S. children. **Journal of Nutrition**, **136**, (5), 1318-1322.

National Health and Medical Research Council. (2003). **Clinical Practice Guidelines for the Management of Overweight and Obesity in Children and Adolescents**. Canberra: Commonwealth of Australia.

Popkin, B.M. (1998). The nutrition transition and its health implications in lower income countries. **Public Health Nutrition**, **1**, 5-21.

Reilly, J.J., Jackson, D.M., Montgomery, C., Kelly, L.A, Slater, C., Grant, S., and Paton, J.Y. (2004). Total energy expenditure and physical activity in young Scottish children: mixed longitudinal study. **Lancet**, **363**, (9404), 211-212.

Reilly, J.J. (2005). Physical activity and obesity in childhood and adolescence. **Lancet**. **366**, (9482), 268-269.

Reinehr, T., de Sousa, G., Toschke, A., and Andler, W. (2006). Long-term follow-up of cardiovascular disease risk factors in children after an obesity intervention. **American Journal of Clinical Nutrition**, **84**, 490-496.

Sabin, M.A., Ford, A.L., Hunt, L.P., Jamal, R., Crowne, E.C., and Shield, J.P.H. (2007). Which factors are associated with a successful outcome in weight management programme for obese children? **Journal of Evaluation in Clinical Practice**. (In press). <http://www.blackwell-synergy.com/doi/full/10.1111/j.1365-2753.2006.00706.x>

Sallis, J.F., Chen, A.H., and Castro, C.M. (1995). **School-based interventions for childhood obesity**. Child Health, Nutrition and Physical Activity. Ed: Cheung LWY, Richmond JB. Human Kinetics Champaign Ill.

Sanigorski, A.M., Bell, A.C., and Swinburn, B.A. (2007). Association of key foods and beverages with obesity in Australian school children. **Public Health Nutrition**, **10**, 152-157.

Singhal, A., Wells, J., Cole, T.J., Fewtrell, T., and Lucas, A. (2003). Programming of lean body mass: a link between birth weight, obesity and cardiovascular disease. **American Journal of Clinical Nutrition**, **77**, 726-730.

Summerbell, C., Waters, E., Edmunds, L., O'Meara, S., Campbell, K., Kelly, S, and Ashton., V.J. **Interventions for treating obesity in children**. (Cochrane Review) IN: The Cochrane Library. 2003.

Swinburn B., and Egger, G. (2004). The runaway weight gain train: too many accelerators, not enough brakes. **British Medical Journal**, **329**, 736-739.

Sausenthaler, S., Kompauer, I., Mielck, A., Borte, M., Herbarth, O., Schaaf, B., von Berg, A., and Heinrich J. (2007). Impact of parental education and income inequality on children's food intake. **Public Health Nutrition**, **10** (1), 24-33.

Tomkinson, G.R., Leger, L.A., Olds, T.S., and Cazorla, G. (2003). Secular trends in the performance of children and adolescents (1980-2000): an analysis of 55 studies of the 20m shuttle run test in 11 countries. **Sports Medicine**, **33** (4), 285-300.

Wake, M., Hardy, P., Canterford, L., Sawyer, M., and Carlin, J.B. (2006). Overweight, obesity and girth of Australian preschoolers: Prevalence and socioeconomic correlates. **International Journal of Obesity**, online <http://www.nature.com/doi/10.1038/sj.ijo.0803503>

Wake, M., Barratt. R., Foster. S., McNaughton, R. (2007). Looking out for overweight/obesity in Australian preschoolers: who's actually doing it? [Letter to the Editor] **Journal of Paediatrics and Child Health**, **43** (1/2), 93.

Weiss, R., and Raz. I. (2006). Focus on childhood fitness, not just fatness. **The Lancet**, **368**, 261-262.

Whitaker, R.C., and Dietz, R. (1998). Role of the parental environment in the development of obesity. **Journal of Pediatrics**, **132**, 776.

Whitaker, R.C. (2003). Obesity Prevention in Pediatric Primary Care: Four behaviours to target. **Archives of Pediatric and Adolescent Medicine**, **157**, 725-727.

Williams, J., Wake, M., Hesketh, K., Maher, E., and Waters, E. (2005). Health-related quality of life of overweight and obese children. **Journal of the American Medical Association**, **293** (1), 70-76.