



Overweight: What Kids Say: What's Really Causing the Childhood Obesity Epidemic

Robert A. Pretlow MD

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Overweight kids are seldom heard and poorly understood. This book presents what kids say about being overweight - their stories, struggles, and successes - in their own words. The source is 134,000 messages anonymously posted by overweight kids on website bulletin boards. With stunning honesty these kids share their difficult lives and their frustration with parents and health professionals. The degree to which these kids struggle to lose weight is striking. They turn to food to relieve depression, stress, and boredom. They get hooked on this 'comfort eating' and are unable to stop. They struggle to resist cravings for highly pleasurable food, knowing full well the dreadful effects of weight gain, which points to an addictive-type dependence. Their success stories are inspiring. The book examines what's really causing the childhood obesity epidemic, the 'why now,' and what might be done about it from a treatment, prevention, and policy standpoint. Note: This book is available from Amazon.com only with a black & white interior.

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