



# SuperSized Kids

HOW TO RESCUE YOUR CHILD FROM THE OBESITY THREAT

## Book Summary

**Title:** *SuperSized Kids: How to Rescue Your Child from the Obesity Threat*

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**Brief Description:** Supersized Kids shows how the mushrooming childhood obesity epidemic is destroying children's lives, draining family resources and pushing America dangerously close to a total health care collapse—but also explains, step by step, how parents can work to avert the coming crisis by taking control of the weight challenges facing every member of their family.

For the first time in American history, a new epidemic is killing our kids. In 1960, only 4 percent of American children were considered obese. That number has skyrocketed to 15 percent today and is almost triple that number in certain ethnic groups. "Staggering" is the word the U.S. Surgeon General uses to describe the potential health care costs of childhood obesity. "We are seeing Generation Y growing into Generation XL," he declares. The most common health problem facing U.S. children today is being overweight—a condition robbing kids of both their quality and quantity of life.

Medical problems that doctors once saw only in adults aged 50 or older are now striking children: heart disease, stroke, high blood pressure, asthma, joint problems, arthritis. One in three children born in 2000 is expected to develop Type 2 diabetes. They could have the risk of blindness, loss of kidney function, and early death associated with it. Children today could become the first generation in American history whose life expectancy may actually decrease.

Something has to be done, and quickly. Fad diets and self-focused weight loss plans have proven ineffective. "An overweight child cannot be effectively treated in isolation of the family," insisted one recent study, complaining, "surprisingly few intervention programs include multiple family members."

Supersized Kids is different. It shows parents how to cure the #1 family health crisis facing them today. It provides a step-by-step, medically sound and eminently doable lifestyle change program designed for the whole family. It also includes practical suggestions for impacting school and community programs as well as what government leaders can do to help. By combining the expertise of a board certified family physician with that of a respected dietician, Supersized Kids will allow any family to escape the plague of obesity and enjoy a long, healthy life together.

**Audience:** Families wrestling with weight control. Parents with young or normal-weight children who don't want their children to suffer from SuperSized health problems. School boards, teachers and counselors who can help educate children and families about a healthy lifestyle, improved vending machine choices and school meals. Government leaders and policy makers who want to avert the looming healthcare crisis. Community leaders who are interested in improving the quality of life in their communities. Physicians and healthcare providers who want to give practical and proven advice in an easy-to-read, fun-to-apply format.