Annotated Bibliography

This study reveals the impact of TV ads on children’s eating habits.

This source examines the history and characteristics of BMI.

This study reveals the effectiveness of community food gardens.

This study examines the role of leptin.

This source provides evidence connecting childhood obesity to the common chronic conditions associated with adult obesity.

This report composed by an expert group of clinicians and scientists provide comprehensive recommendations and suggestions for the assessment of childhood obesity and for the implementation of prevention strategies. In addition, terms are defined and concepts regarding this field of study are made clear. This is an in-depth update of the Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults published in 1998 that incorporates new scientific developments that have taken place, using a wealth of present evidence-based data, while also utilizing clinical experience when appropriate.

This article examines early morbidity in relation to childhood obesity. This article describes a study done that revealed that obesity may reduce years of life. Belluck identifies the study and the evidence collected while also drawing attention to the implications and introducing contrary perspectives.

Brown CD, Donato KA, Obarzanek, E, et al. Body mass index and prevalence of risk factors for
cardiovascular disease. Obes Res. 1998; This article gives detailed information on BMI.


Eknoyan, Garabed (2007). "Adolphe Quetelet (1796–1874)—the average man and indices of obesity". Nephrology Dialysis Transplantation. This source explains the creation and use of BMI.


This study tested parental knowledge on health factors and risks associated with obesity in their children. The authors point out that while 23% of the parents surveyed had overweight children their level of concern about the excess weight and their knowledge of healthy eating patterns were no different from parents who had children of a healthy weight. They also find that parents of overweight children tend to underestimate the weight of their children.


This article investigates the role the ob gene leptin in fat regulation of the body. It goes into detail about exactly how leptin maintains a balance of energy input to energy output while also discussing the various receptors and neuronal circuits involved. This article was very clear in their verbal and visual depictions of this complicated process.


The authors of this study were able to publish empirical correlates between youth ages 2 to 18 and the amount of television/video they watched. Positive correlates consistently associated with TV watching were non-white, body weight, between meals snacking, parents TV watching, and having a TV in their bedroom. Negative correlates, equally consistent, included parent income, parent education, and number of parents in house. This study was the first of its kind to begin to explore the relationship between media
consumption and lifestyle factors. It was successful in demonstrating the consistency in their correlates and therefore has been cited numerously over the years.

This paper explains how fat and carbohydrates contribute to obesity. Consuming fats leads to more accumulation of fat than does carbohydrates.

This source examines bullying and harassment in children associated with their weight and obesity. It finds that these are correlated, with more weight being more connected to bullying behaviors.

The purpose of this study was to examine the influence of residency and race on obesity related lifestyle behaviors. The lifestyle behaviors measured, in relation to residency and race, were those such as consumption of fatty snack foods, physical activity, and screen time. What they found was that those who were at higher risk for obesity lived in nonmetropolitan areas and participated in more obesity related activities (snacking/screen time) and less in activities of physical exercise. They conclude that race and residency may have a compounding effect on obesity and recommend that (Barlow, 2007) prevention and intervention be performed with a socio-ecological framework.

This source accounts for economic effects of obesity.

This source examines the trans fatty acid health consequences.

National Institutes of Health. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: the Evidence Report. Bethesda, MD: National Institutes of Health, U.S. Department of Health and Human Services; 1998. Published in 1998, these were the first guidelines made to acknowledge the prevalence and dangers of obesity in America. Although created primarily for primary care physicians it provides a plethora of information regarding this epidemic. It defines what obesity is, how it is assessed, health risks, causes, and how to effectively treat it in addition to many other aspects of this condition.
This new article reports on the cardiovascular consequences of obesity in children.

National Institutes of Health. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: the Evidence Report. Bethesda, MD: National Institutes of Health, U.S. Department of Health and Human Services; 1998. Published in 1998, these were the first guidelines made to acknowledge the prevalence and dangers of obesity in America. Although created primarily for primary care physicians it provides a plethora of information regarding this epidemic. It defines what obesity is, how it is assessed, health risks, causes, and how to effectively treat it in addition to many other aspects of this condition.


Many times multiple studies are done isolated and independently and while this allows for diversity and variety, drawing the connections between them are vital to understanding of the subject as a whole. This is exactly what this meta-analysis did. It drew information from numerous experiments and studies that investigated sedentary behavior and physical activity. The conclusions drawn from such analysis were that there was a small but negative correlation between sedentary behavior and exercise. The authors believe this to mean that the two behaviors do not directly replace each other.


The authors of this article aimed to assess the reliability of the body mass index in identifying obesity. The studies they examined define obesity, based on BMI measures, and then assessed the predictability of obesity for problems associated coronary artery disease, such as total mortality and cardiovascular mortality. They selected studies conducted on CAD patients that predicted total mortality and cardiovascular events based on BMI measures of obesity. Their findings suggest that BMI may not be a good measure of obesity in relation to the prediction of these mortality events as those classified with a low body-mass index had an increased risk of both mortality events. They suspect that the inaccuracy of utilizing BMI lies in its inability to discriminate between lean mass and body fat.

This research study details trends and statistics of childhood obesity in America.
International Journal of Eating Disorders, 33, 193–204.
This study examines the self-concept of girls in relation to their body weight.

Pediatric Obesity, 8(6), 411-417. doi: 10.1111/j.2047-6310.2012.00123.x
This study draws implications from economic hardship to childhood obesity.

“The Obesity Epidemic” Center for Disease Control.
This source provide solid background as statistics for childhood obesity.

This source details the trans fatty acid in the food industry and in the human body.

This study provided ample information and evidence of the effect of food on obesity.
Controlling the diet of children caused the children to loss body mass in a healthy way that still allowed them to attain the same amount of protein and nutrition.