

Annotated Bibliography

- Andreyeva, T., Kelly, I. R., & Harris, J. L. (2011). Exposure to food advertising on television: Associations with children's fast food and soft drink consumption and obesity. *Economics & Human Biology*, 9(3), 221-233. doi: 10.1016/j.ehb.2011.02.004
This study reveals the impact of TV ads on children's eating habits.
- Anrig, C.D.C. (2003). The obese child. *Dynamic Chiropractic*. 21: 27-31.
BMI Classification". Global Database on Body Mass Index. World Health Organization. 2006. Retrieved Oct 23, 2014.
This source examines the history and characteristics of BMI.
- Armstrong, D. (2000). A survey of community gardens in upstate New York: Implications for health promotion and community development. *Health & Place*, 6(4), 319-327. doi: 10.1016/s1353-8292(00)00013-7
This study reveals the effectiveness of community food gardens.
- Bado, A. et al. The stomach is a source of leptin. *Nature* 394, 790–793 (1998)
This study examines the role of leptin.
- Ball, G.D.C., & McCargar, L.J.(2003). Childhood obesity in Canada: A Review of prevalence estimates and risk factors for cardiovascular disease and type 2 diabetes. *Canadian Journal of Applied of Physiology*, 28: 117-140.
This source provides evidence connecting childhood obesity to the common chronic conditions associated with adult obesity.
- Barlow, S. E. (2007). Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: Summary report. *Pediatrics*, 120, S164-S192.
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.
- Belluck, Pam (17 March 2005). "Children's Life Expectancy Being Cut Short by Obesity". *The New York Times*.
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.

Cornette, R. (2008), *The Emotional Impact of Obesity on Children*. *Worldviews on Evidence-Based Nursing*, 5: 136–141.

This paper examines how obesity and peers affect self-esteem in children who are overweight.

Dietz WH (1998). "Health consequences of obesity in youth: childhood predictors of adult disease". *Pediatrics* 101 (3 Pt 2): 518–25.

This source examines a majority of health consequences associated with childhood obesity.

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.

Etelson, D., Brand, D. A., Patrick, P. A. and Shirali, A. (2003), *Childhood Obesity: Do Parents Recognize This Health Risk?*. *Obesity Research*, 11: 1362–1368.
doi: 10.1038/oby.2003.184

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.

Friedman, J. M., and J. L. Halaas, 1998, *Leptin and the regulation of body weight in mammals: Nature*, v. 395, p. 763-770.

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.

Gorely, T., S. J. Marshall, and S. J. H. Biddle, 2004, *Couch kids: Correlates of television viewing among youth: International Journal of Behavioral Medicine*, v. 11, p. 152-163.

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 numerous over the years.

Horton TJ, Drougas H, Brachey A, Reed GW, Peters JC, Hill JO (1995). "Fat and carbohydrate overfeeding in humans: different effects on energy storage". *Am. J. Clin. Nutr.* 62 (1): 19–29.

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

Janssen I, Craig WM, Boyce WF, Pickett W (2004). "Associations between overweight and obesity with bullying behaviors in school-aged children". *Pediatrics* 113 (5): 1187–94. 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.

Kenney, M. K., J. Wang, and R. Iannotti, 2014, Residency and Racial/Ethnic Differences in Weight Status and Lifestyle Behaviors Among US Youth: *Journal of Rural Health*, v. 30, p. 89-100.

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.

Lehnert, T., Sonntag, D., Konnopka, A., Riedel-Heller, S., & Konig, H. H. (2013). Economic costs of overweight and obesity. *Best Practice & Research Clinical Endocrinology & Metabolism*.

This source accounts for economic effects of obesity.

Martin, C. A.; Milinsk, M. C.; Visentainer, J. V.; Matsushita, M.; De-Souza, N. E. (2007). "Trans fatty acid-forming processes in foods: A review". *Anais da Academia Brasileira de Ciencias* 79 (2): 343–350

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.

"Obese kids have arteries of 45-year-olds: study". CTV News. Retrieved 2008-11-11.

This new article reports on the cardiovascular consequences of obesity in children.

Partridge, K. (2003). Fat Action. Retrieved on October 23th, 2014 from the World Wide Web: http://features.todaysparent.com/fat_action/facts?wideview1.htm.

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.

Pearson, N., R. E. Braithwaite, S. J. H. Biddle, E. M. F. van Sluijs, and A. J. Atkin, 2014, Associations between sedentary behaviour and physical activity in children and adolescents: a meta-analysis: *Obesity Reviews*, v. 15, p. 666-675.

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.

Romero-Corral, A; Somers, V K; Sierra-Johnson, J; Thomas, R J; Collazo-Clavell, M L; Korinek, J et al. (2008). "Accuracy of body mass index in diagnosing obesity in the adult general population". *International Journal of Obesity* 32 (6): 959–66. doi:10.1038/ijo.2008.11. PMC 2877506. PMID 18283284.

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.

Skinner, A. C., & Skelton, J. A. (2014). Prevalence and Trends in Obesity and Severe Obesity Among Children in the United States, 1999-2012. *Jama Pediatrics*, 168(6), 561-566. doi: 10.1001/jamapediatrics.2014.21

This research study details trends and statistics of childhood obesity in America.

Sands E. & Wardle J. (2003). Internalization of ideal body shapes in 9-12 year old girls. *International Journal of Eating Disorders*, 33, 193–204.

This study examines the self-concept of girls in relation to their body weight.

Shih, M., Dumke, K. A., Goran, M. I., & Simon, P. A. (2013). The association between community-level economic hardship and childhood obesity prevalence in Los Angeles. *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.

Valenzuel A., Morgado N. (1999). "Trans fatty acid isomers in human health and in the food industry". *Biological Research*.

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

Zywienia Z., Dziecka I., Kasprzaka U., (2006). Simple obesity in children. A study on the role of nutritional factor. PubMed.

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.