

# Fed Up!



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Once dismissed by the medical profession as a purely cosmetic problem, obesity now ranks second only to smoking as a wholly preventable cause of death. Indeed, it's implicated in 300,000 deaths each year and is a major contributor to heart disease, diabetes, high blood pressure, high cholesterol, and depression. Even conservative estimates show that 15% of all children are now considered to be overweight--worldwide there are 22 million kids under five years old that are defined as fat. Supersized portions, unhealthy diets, and too little physical activity certainly contribute to what's making kids 'fat.' But that's not the whole story. Researchers are at a loss to explain why obesity rates have risen so suddenly and so steeply in the closing decades of the 20th century. But head out to the beaches, playgrounds, and amusement parks, and it's obvious that overweight children are more numerous and conspicuous. We see it in our neighborhoods and we read it in the headlines. Our nation--indeed the world--is in crisis. But knowledge is power and it's time to arm ourselves in the battle to win the war on obesity. *Fed Up!* is just what the doctor ordered. Based in part on the Institute of Medicine's ground-breaking report on childhood obesity, this new book from family physician and journalist Susan Okie provides in-depth background on the issue; shares heartrending but instructive case studies that illustrate just how serious and widespread the problem is; and gives

honest, authoritative, science-based advice that constitute our best weapons in this critical battle.

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