Childhood Obesity Prevention: What Do We Need and How Are We Doing? A European Perspective

Brug, Johannes

Published in: Hormone research in paediatrics

DOI: 10.1159/000449142

Citation for published version (APA):
The worldwide prevalence of overweight and obesity has been steadily increasing, also among children and adolescents, and has reached alarming pandemic proportions in Europe and elsewhere. Childhood overweight is a main predictor of adult overweight and obesity. Obesity treatment is largely ineffective, and a still stronger focus on primary prevention is needed. Such prevention should take a population and a life course approach and should focus on promoting healthy energy balance-related behaviors rather than weight management or weight loss. To encourage and facilitate