



REVERSING *childhood obesity*

The global epidemic of childhood obesity is one of the greatest public health threats of the 21st Century.

The medical, psychological, social, and economic consequences are staggering. Children are being diagnosed with obesity-related diseases that were previously only seen in adults. Low income and minority children in the U.S. are more likely to be obese, further widening health and socio-economic disparities. Without effective prevention and treatment, overweight children will become obese adults, who suffer from diabetes, high blood pressure, heart disease, stroke, and cancer. The U.S. has one of the highest rates of childhood obesity in the world but international rates have been increasing rapidly, even in middle- and low-income countries.

It is hard to imagine a more complex problem. Both the causes and potential solutions involve every level of our lives, from basic biology to global politics. There is no single cause and no single solution. Instead, the childhood obesity epidemic will only be reversed through interactions among biological, psychological, behavioral, cultural, political, economic, and environmental changes. The Stanford Prevention Research Center takes a holistic, interdisciplinary, systems approach where research groups collaborate to contribute multiple perspectives to tackle childhood obesity.

The Solutions Science Lab, led by Drs. Thomas Robinson and Donna Matheson, is known for its innovative and effective family, school, and community programs for childhood obesity prevention and treatment, used in medical, public health and public policy programs throughout the World. The Nutrition Studies group, led by Dr. Christopher Gardner, is experimenting with garden-based education to increase children's preferences for vegetables and fruits. Dr. Lisa Goldman Rosas of the Prevention Outcomes and Practices Program is developing and testing culturally-tailored, family-focused strategies to help obese Latino adolescents. Stanford Prevention Research Center scientists collaborate with researchers and clinicians across Stanford, the U.S., and the world to discover solutions to childhood obesity.

CHILDHOOD OBESITY HAS

tripled

IN THE PAST 30 YEARS

CHILDREN SPEND

more time

WATCHING TV THAN IN SCHOOL

<10%

OF SCHOOL CHILDREN RECEIVE
DAILY PHYSICAL EDUCATION

CHILDREN CONSUME

**more
calories**

FROM SUGARY DRINKS THAN ANY
OTHER FOOD OR BEVERAGE

<1/4

OF CHILDREN EAT THE
MINIMUM RECOMMENDED
AMOUNT OF VEGETABLES