

BIBLIOGRAPHY

BOOKS

- Ajmeer Singh, (2005). “**Essential of Physical Education**”, New Delhi: Kalyani Publication, pp. 66.
- Asana Andiappan, (2004), **Thirumoolar`s Ashyanga Yoga a therapeutic approach to Good health** (first Ed), Chennai, P.9.
- Baxendale RH (1995), “**The Lost Art of Walking**”, Harbour Books, ISBN 978-1-1905128-15.
- Bhavanani Anandha Balayogi (2004), “ **A Primer Yoga theory**, Sathya Press, Ananda Ashram, Pondicherry
- Clarke, Harrison H and David H. Clarke, (1972), “**Advanced statistics**”, Englewood Cliffs, N.J: Prentice hall, Inc, pp.31-34.
- Davidson. G.C and Neal J.M (1990) “**Abnormal psychology**” Published by John Wiley & Sons New York Fifth Edition P 1
- Diane L. Cell, (1972), **Psychological Dynamics of Sports**, Illinois: Human Kinetics Publications, Inc., pp.13.
- Gharote, M.L. (1982). **Guidelines for Yogic Practices**, Lonawala: Medha Publications, pp.51.
- Indira Devi (1967), “**Yoga: The Technique of Health and Happiness**”, Bombay: Jaico Publishing House, pp. 20.
- Iyengar BKS (1999), “**The Gift of Yoga**”, New Delhi: Harpers Collins Publications India Pvt Ltd., pp.394.

- Iyengar. B. K. S, (2001), **Light on the yoga Sutras of Patanjali**, New Delhi: HarperCollins Publishers, India, pp.9-40.
- Iyengar. B. K. S, (2006), **Light on yoga**, New Delhi: HarperCollins Publishers, India, pp.19-46.
- Krishnamoorthy V (2007), “**Simple Yoga for Health**”.Mathi Nilayam Publications (3rd Ed), PP. 8-11.
- Kuvalayananda Swami (1977), “**Asana**” (1st ed), Lonaavala: kaivalyadhana pp.32.
- Lad V (1998), “**The Complete Book of Ayurvedic Home Remedies**”, Three Rivers Press, NY, pp.150.
- Murugesan. N. (2006) “**Basic Anatomy and Physiology**” Published by Sathya Publishers Sixth edition P.
- Reddy, K. N. and V. Selvaraju (1994), “**Determinants of Health Status in India: An Empirical Investigation**, The 76th Annual Conference Volume of the Indian Economic Association, Indira Gandhi Institute of Development Research.
- Rekha Agnihotry (1987), “Manual for Agnihotri’s Self Confidence Inventory, Psychological Corporation, Agra, pp.2-3.
- Paul Jerard (2010) “**Yoga in Practice.**” Published by Aura Publications
- Stuart Ray Sarbacker, (2005) “**Sam dhi: The Numinous and Cessative in Indo-Tibetan Yoga**”. SUNY Press, pp.1-2.
- Srilakshmi.B,(2011), “**Dietetics**” published by new age international (p) limited, new delhi,India,publishers sixth edition P.1
- Swami Sathyananda Saraswathi, (2002), **Asana, Pranayama, Mudra and Bhandhas**, Bihar: Yoga Publication Trust, Bihar, India, pp.23-73.

- T K V Desikachar, et.al, (2009) **“The Viniyoga of Yoga”** Published by Sudarsan Graphics, Chennai.Fourth Edition P.7
- Thirumalaisamy R (1995), **“Statistics in Physical Education”**, Karaikudi : Senthil Publishers, pp.108-112.
- Tortora G.J & Anagnostakos N.P.,(1990). **“Principles of Anatomy and Physiology”**, 6th edition, New York: Harper-Collins, P.707
- Yogacharya Sundaram (2004) **Sundara Yoga therapy or marvels of Yogic Cure**, Yoga Publishing house (India) PP 3-36
- Whichester, N.M.(1969) **Biology and its relation to mankind**, Englewood Cliffs, N.J: Prentice Hall Inc., pp.479
- World Health Organization (1986), **The Ottawa Charter for Health Promotion**. Adopted at the First International Conference on Health Promotion, Ottawa, WHO/HPR/HEP/95.1

JOURNALS

- **Agha-Alinejad H, Farzad B, Salari M, Kamjoo S, Harbaugh BL, Peeri M.**, “Prevalence of overweight and obesity among Iranian preschoolers: Interrelationship with physical fitness.” J Res Med Sci. 2015 Apr;20(4):334-41.
- **Aknc A, Karakurt C, Gurbuz S, Elkran O, Nalbantoglu O, Kocak G, Guldur T, Yologlu S.** "Association of cardiac changes with serum adiponectin and resistin levels in obese and overweight children". J Cardiovasc Med (Hagerstown). 2013 Mar;14(3):228-34.
- **Allison DB, Fontaine KR, Manson JE, Stevens J, VanItallie TB** (October 1999). "Annual deaths attributable to obesity in the United States". JAMA 282 (16): 1530–8.

- **Arantz PR, Bird ED, Alderman MH** (March 2008). "A call for higher standards of evidence for dietary guidelines". *Am J Prev Med* 34 (3): 234–40.
- **Arcan C, Hannan PJ, Fulkerson JA, Himes JH, Rock BH, Smyth M, Story M**, Associations of home food availability, dietary intake, screen time and physical activity with BMI in young American-Indian children. *Public Health Nutr.* 2013 Jan;16(1):146-55.
- **Bammann K, Gwozdz W, Lanfer A, Barba G, De Henauw S, Eiben G, Fernandez-Alvira JM, Kovács E, Lissner L, Moreno LA, Tornaritis M, Veidebaum T, Pigeot I**; IDEFICS Consortium. "Socioeconomic factors and childhood overweight in Europe: results from the multi-centre IDEFICS study." *Pediatr Obes.* 2013 Feb;8(1):1-12.
- **Banks GG, Berlin KS, Rybak TM, Kamody RC, Cohen R**, "Disentangling the Longitudinal Relations of Race, Sex, and Socioeconomic Status, for Childhood Body Mass Index Trajectories." *J Pediatr Psychol.* 2015 Jun 27.
- **Basulto, Dominic** (June 20, 2013). "A changing battlefield in the fight against fat". *The Washington Post*. Retrieved June 20, 2013. (WebCite archive)
- **Bei-Fan Z** (December 2002). "Predictive values of body mass index and waist circumference for risk factors of certain related diseases in Chinese adults: study on optimal cut-off points of body mass index and waist circumference in Chinese adults". *Asia Pac J Clin Nutr.* 11 Suppl 8: S685–93
- **Berkey CS1, Rockett HR, Field AE, Gillman MW, Frazier AL, Camargo CA Jr, Colditz GA**, .Activity, dietary intake, and weight changes in a longitudinal study of preadolescent and adolescent boys and girls. *Pediatrics.* 2000 Apr;105(4):E56.

- **Berkey CS, Rockett HR, Gillman MW, Colditz GA.** One-year changes in activity and in inactivity among 10- to 15-year-old boys and girls: relationship to change in body mass index. *Pediatrics*. 2003 Apr;111(4 Pt 1):836-43.
- **Bessesen DH** (June 2008). "Update on obesity". *J. Clin. Endocrinol. Metab.* 93 (6): 2027–34.
- **Birch LL, Davison KK.** Family environmental factors influencing the developing behavioral controls of food intake and childhood overweight. *Pediatr Clin North Am*. 2001 Aug;48(4):893-907.
- **Birch LL, Fisher JO,** Development of eating behaviors among children and adolescents. *Pediatrics*. 1998 Mar;101(3 Pt 2):539-49.
- **Boles RE, Scharf C, Filigno SS, Saelens BE, Stark LJ,** Difference in home food and activity environments between obese and healthy eight families of preschool children. *J Nutr Educ Behav*. 2013 May-Jun;45(3):222-31.
- **Boyland EJ, Halford JC,** "Television advertising and branding. Effects on eating behavior and food preferences in children." *Appetite*. 2013 Mar;62:236-41.
- **Brook Barnes (2007-07-18).** "Limiting Ads of Junk Food to Children". *New York Times*. Retrieved 2008-07-24.
- **Brownson RC, Boehmer TK, Luke DA** (2005). "Declining rates of physical activity in the United States: what are the contributors?". *Annu Rev Public Health (Review)* 26: 421–43.
- **Burke V, Beilin LJ, Durkin K, Stritzke WG, Houghton S, Cameron CA.** "Television, computer use, physical activity, diet and fatness in Australian adolescents. *Int J Pediatr Obes*. 2006;1(4):248-55.

- **Caballero B** (March 2001). "Introduction. Symposium: Obesity in developing countries: biological and ecological factors". *J. Nutr. (Review)* 131 (3): 866S–870S.
- **Caballero B, Clay T, Davis SM et al.** (November 2003). "Pathways: a school-based, randomized controlled trial for the prevention of obesity in American Indian schoolchildren". *Am. J. Clin. Nutr.* 78 (5): 1030–8.
- **Caprio S, and Tamborlane WV,** (1999) “Metabolic impact of obesity in childhood” *Endocrinol Metab Clin North Am.* 1999 Dec;28(4):731-47.
- **Cole T.J.** (2006). Early Causes of Childhood Obesity and Implications for Prevention. Retrieved December 1, 2011, from <http://discovery.ucl.ac.uk/14548/1/14548.pdf>
- **Cornette R (2008).** "The emotional impact of obesity on children". *Worldviews Evid Based Nurs* 5 (3): 136–41.
- **Dai S, Fulton JE, Harrist RB, Grunbaum JA, Steffen LM, Labarthe DR.,** Blood lipids in children: age-related patterns and association with body-fat indices: Project Heart Beat! *Am J Prev Med.* 2009 Jul;37(1 Suppl):S56-64.
- **Dannenberg AL, Burton DC, Jackson RJ** (2004). "Economic and environmental costs of obesity: The impact on airlines". *American journal of preventive medicine (Letter)* 27 (3): 264.
- **Davis B, Carpenter C** (December 2008). "Proximity of Fast-Food Restaurants to Schools and Adolescent Obesity". *Am J Public Health* 99 (3): 505–10.
- **De Moraes Ferrari GL, Araújo TL, Oliveira LC, Matsudo V, Fisberg M,** “Association between electronic equipment in the bedroom and sedentary

lifestyle, physical activity, and body mass index of children”, J Pediatr (Rio J). 2015 Jun 27.

- **Delva, Jorge, Patrick M. O'Malley and Lloyd D. Johnston** "Racial/Ethnic and Socioeconomic Status Differences in Overweight and Health-Related Behaviors among American Students: National Trends 1986-2003." *Journal of Adolescent Health* 39 (2006):536-45. Web. 25 Sept. 2013
- **Deurenberg P, Weststrate JA, Seidell JC** (March 1991). "Body mass index as a measure of body fatness: age- and sex-specific prediction formulas". *Br. J. Nutr.* 65 (2): 105–14.
- **Dietz WH** (1998). "Health consequences of obesity in youth: childhood predictors of adult disease". *Pediatrics* 101 (3 Pt 2): 518–25. PMID 12224658.
- **Dixon JB, Dixon ME, O'Brien PE** (2003). "Depression in association with severe obesity: changes with weight loss". *Arch. Intern. Med.* 163 (17): 2058–65.
- **Drewnowski A, Specter SE** (January 2004). "Poverty and obesity: the role of energy density and energy costs". *Am. J. Clin. Nutr. (Review)* 79 (1): 6–16. .
- **Dwyer JT, Evans M, Stone EJ, Feldman HA, Lytle L.** (2001) “Adolescents eating patterns influence their nutrient intakes”, *J Am Diet Association*.
- **Ebbeling CB, Pawlak DB, Ludwig DS** (2002). "Childhood obesity: public-health crisis, common sense cure". *Lancet* 360(9331): 473–82.
- **Epstein LH, Roemmich JN, Robinson JL et al.** (March 2008). "A randomized trial of the effects of reducing television viewing and computer use on body mass index in young children". *Arch Pediatr Adolesc Med* 162 (3): 239–45.
- **Ernst ND, Obarzanek E.,** Child health and nutrition: obesity and high blood cholesterol. *Prev Med.* 1994 Jul;23(4):427-36.

- Experts Available to Discuss Childhood Obesity, Role of BMI. Business Wire Expert Source Group. 2005. Retrieved 15 December 2013.
- **Farooqi S, O'Rahilly S** (December 2006). "Genetics of obesity in humans". *Endocr. Rev. (Review)* 27 (7): 710–18.
- **Finkelstein EA, Fiebelkorn IA, Wang G** (1 January 2003). "National medical spending attributable to overweight and obesity: How much, and who's paying". *Health Affairs*. Online (May). doi:10.1377/hlthaff.w3.219.
- **Fleck, Henrietta** (1981) "Introduction to Nutrition", Macmillan, New York.
- **Flegal KM, Ogden CL, Wei R, Kuczmarski RL, Johnson CL** (June 2001). "Prevalence of overweight in US children: comparison of US growth charts from the Centers for Disease Control and Prevention with other reference values for body mass index". *Am. J. Clin. Nutr.* 73 (6):
- **Flodmark CE, Sveger T, Nilsson-Ehle P**. Waist measurement correlates to a potentially atherogenic lipoprotein profile in obese 12-14-year-old children. *Acta Paediatr.* 1994 Sep;83(9):941-5.
- **Flynn MA, McNeil DA, Maloff B, Mutasingwa D, Wu M, Ford C, Tough SC.**, Reducing obesity and related chronic disease risk in children and youth: a synthesis of evidence with 'best practice' recommendations. *Obes Rev.* 2006 Feb;7 Suppl 1:7-66.
- **Frayling, Timothy M.** (May 11, 2007). "A common variant in the FTO gene is associated with body mass index and predisposes to childhood and adult obesity". *Science*.
- **French SA, Story M, Neumark - Sztainer D, Fulkerson JA, Hannan P** (2001). "Fast food restaurant use among adolescents: associations with nutrient intake,

food choices and behavioral and psychosocial variables". *Int. J. Obes. Relat. Metab. Disord.* 25 (12): 1823–33.

- **Goldfield GS, Cameron JD, Murray M, Maras D, Wilson AL, Phillips P, Kenny GP, Hadjiyannakis S, Alberga AS, Tulloch H, Doucette S, Sigal RJ.**, “Screen time is independently associated with health-related quality of life in overweight and obese adolescents.” *Acta Paediatr.* 2015 Jun 11.
- **Gortmaker SL, Must A, Sobol AM, Peterson K, Colditz GA, Dietz WH** (April 1996). "Television viewing as a cause of increasing obesity among children in the United States, 1986–1990". *Arch Pediatr Adolesc Med (Review)* 150 (4): 356–62.
- **Gray DS, Fujioka K** (1991). "Use of relative weight and Body Mass Index for the determination of adiposity". *J Clin Epidemiol* 44 (6): 545–50
- **Great Britain Parliament House of Commons Health Committee** (May 2004). *Obesity - Volume 1 - HCP 23-I, Third Report of session 2003-04. Report, together with formal minutes.* London, UK: TSO (The Stationery Office). ISBN 978-0-215-01737-6. Retrieved 2007-12-17.
- **Grundy SM** (2004). "Obesity, metabolic syndrome, and cardiovascular disease". *J. Clin. Endocrinol. Metab.* 89 (6): 2595–600
- **Guo X, Zheng L, Li Y, Yu S, Sun G, Yang H, Zhou X, Zhang X, Sun Z, Sun Y.**, “Differences in lifestyle behaviors, dietary habits, and familial factors among normal-weight, overweight, and obese Chinese children and adolescents.” *Int J Behav Nutr Phys Act.* 2012 Oct 2;9:120.

- **Hahler B** (June 2006). "An overview of dermatological conditions commonly associated with the obese patient". *Ostomy Wound Manage* 52 (6): 34–6, 38, 40 passim.
- **Hamann A, Matthaei S** (1996). "Regulation of energy balance by leptin". *Exp. Clin. Endocrinol. Diabetes (Review)*104 (4): 293–300.
- **Han J, Lawlor D, Kimm** (2010). "Childhood obesity". *Lancet* 375 (9727): 1737–1748.
- **Han JC, Lawlor DA, Kimm SY** (May 2010). "Childhood obesity". *Lancet* 375 (9727): 1737–48.
- **Harrell JS, Jessup A, Greene N**. Changing our future: obesity and the metabolic syndrome in children and adolescents. *J Cardiovasc Nurs*. 2006 Jul-Aug;21(4): 322-30.
- **Healthy Weight: Assessing Your Weight: BMI: About BMI for Children and Teens**". Center for disease control and prevention. Retrieved April 6, 2009.
- **History of Medicine: Sushruta – the Clinician – Teacher par Excellence**" (PDF). Dwivedi, Girish & Dwivedi, Shridhar. 2007. Retrieved 2008-09-19.
- **Ho TF**, Cardiovascular risks associated with obesity in children and adolescents", *Ann Acad Med Singapore*. 2009 Jan;38(1):48-9.
- **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.
- **Howard NJ, Taylor AW, Gill TK, Chittleborough CR** (2008). "Severe obesity: Investigating the socio-demographics within the extremes of body mass index". *Obesity Research & Clinical Practice* 2 (1): I–II.

- Intervention in overweight children improves body mass index (BMI) and physical activity. *J Am Board Fam Med.* 2013 Mar-Apr;26(2):126-37. doi: 10.3122/jabfm.2013.02.120118.
- **James J, Kerr D** (2005). "Prevention of childhood obesity by reducing soft drinks". *Int J Obes (Lond)* 29 (Suppl 2): S54–7.
- **James WP** (March 2008). "The fundamental drivers of the obesity epidemic". *Obes Rev (Review)* 9 (Suppl 1): 6–13.
- **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.
- **Johansson E, Böckerman P, Kiiskinen U, Heliövaara M** (2009). "Obesity and labour market success in Finland: The difference between having a high BMI and being fat". *Economics and Human Biology* 7 (1): 36–45.
- **Johnston, Bradley C; Kanters, Steve; Bandayrel, Kristofer; Wu, Ping; Naji, Faysal; Siemieniuk, Reed A; Ball, Geoff D. C; Busse, Jason W; Thorlund, Kristian; Guyatt, Gordon; Jansen, Jeroen P; Mills, Edward J.** (3 September 2014). "Comparison of Weight Loss Among Named Diet Programs in Overweight and Obese Adults". *JAMA* 312 (9): 923.
- **K Hainsworth, K Salamon, S Stolzman, P Simpson, D Esliger, B Mascarenhas, X Liu, K Khan, B Fidlín, and S Weisman** A pilot investigation of alignment-based yoga for pediatric obesity, *BMC Complement Altern Med.* 2012; 12(Suppl 1): P128.

- **Kaisari P, Yannakoulia M, Panagiotakos DB.**, “Eating frequency and overweight and obesity in children and adolescents: a meta-analysis.” *Pediatrics*. 2013 May;131(5):958-67.
- **Kaley-Isley LC, Peterson J, Fischer C, Peterson E.** (2010), "Yoga as a complementary therapy for children and adolescents: a guide for clinicians". *Psychiatry (Edgmont)*. 2010 Aug;7(8):20-32.
- **Kimm SY, Obarzanek E** (2002). "Childhood obesity: a new pandemic of the new millennium". *Pediatrics* 110 (5): 1003–7.
- **Kolata G** (2007). *Rethinking Thin: The new science of weight loss — and the myths and realities of dieting*. Picador. ISBN 978-0-312-42785-6.
- **Kopelman, Peter G** (2005). *Clinical obesity in adults and children: In Adults and Children*. Blackwell Publishing. p. 493. ISBN 978-1-4051-1672-5.
- **Kushner, Robert** (2007). *Treatment of the Obese Patient (Contemporary Endocrinology)*. Totowa, NJ: Humana Press. p. 158.
- **Lau DC, Douketis JD, Morrison KM, Hramiak IM, Sharma AM, Ur E** (April 2007). "2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children summary". *CMAJ (Practice Guideline, Review)* 176 (8): S1–13.
- **Lauren Cox** (July 2, 2009). "Who Should Pay for Obese Health Care?". ABC News. Retrieved 2012-08-06.
- **Laxmi Devi** (1998) “Women and Family Welfare” Anmol Publications Pvt. Ltd.
- **LeFevre, Michael L.** (26 August 2014). "Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in

Adults with Cardiovascular Risk Factors: U.S. Preventive Services Task Force Recommendation Statement". *Annals of Internal Medicine* 161: 587.

- **Lin BH, Guthrie J and Frazao E** (1999). "Nutrient contribution of food away from home". In Frazão E. *Agriculture Information Bulletin No. 750: America's Eating Habits: Changes and Consequences*. Washington, DC: US Department of Agriculture, Economic Research Service. pp. 213–239.
- **Lissner L, Lanfer A, Gwozdz W, Olafsdottir S, Eiben G, Moreno LA, Santaliestra-Pasías AM, Kovács E, Barba G, Loit HM, Kourides Y, Pala V, Pohlabein H, De Henauw S, Buchecker K, Ahrens W, Reisch L.** "Television habits in relation to overweight, diet and taste preferences in European children: the IDEFICS study." *Eur J Epidemiol.* 2012 Sep;27(9):705-15.
- **Lluch A, Herbeth B, Méjean L, Siest G** (2000). "Dietary intakes, eating style and overweight in the Stanislas Family Study". *Int. J. Obes. Relat. Metab. Disord.* 24 (11): 1493–9.
- **Lobstein, Tim; Dobb, Sue** (2005). "Evidence of a possible link between obesogenic food advertising and child overweight". *Obesity Reviews*.
- **Loos RJ, Bouchard C** (May 2008). "FTO: the first gene contributing to common forms of human obesity". *Obes Rev (Review)* 9 (3): 246–50
- **Malik VS, Schulze MB, Hu FB** (August 2006). "Intake of sugar-sweetened beverages and weight gain: a systematic review". *Am. J. Clin. Nutr. (Review)* 84 (2): 274–88

- **Martin A, Saunders DH, Shenkin SD, Sproule J.** , “Lifestyle intervention for improving school achievement in overweight or obese children and adolescents.” Cochrane Database Syst Rev. 2014 Mar 14;3:CD009728.
- **McLaren L** (2007). "Socioeconomic status and obesity". *Epidemiol Rev* (Review) 29: 29–48.
- "Media + Child and Adolescent Health: A Systematic Review" (PDF). Ezekiel J. Emanuel. Common Sense Media. 2008. Retrieved April 6, 2009.
- **Metcalf BS, Voss LD, Hosking J, Jeffery AN, Wilkin TJ.**, Physical activity at the government-recommended level and obesity-related health outcomes: a longitudinal study (Early Bird 37). *Arch Dis Child*. 2008 Sep;93(9):772-7.
- **Miller J, Rosenbloom A, Silverstein J** (2004). "Childhood obesity". *J. Clin. Endocrinol. Metab.* 89 (9): 4211–8.
- **Moyer VA** (4 September 2012). "Screening for and management of obesity in adults: U.S. Preventive Services Task Force recommendation statement". *Annals of Internal Medicine* (Practice Guideline) 157 (5): 373–8.
- **Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB** (23 June 2011). "Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men". *The New England Journal of Medicine* (Meta-analysis) 364 (25): 2392–404.
- National Control for Health Statistics. "Nutrition For Everyone". Centers for Disease Control and Prevention. Retrieved 2008-07-09.
- **Neovius K, Johansson K, Kark M, Neovius M** (January 2009). "Obesity status and sick leave: a systematic review". *Obes Rev* (Review) 10 (1): 17–27.

- **Ness-Abramof R, Apovian CM** (February 2006). "Diet modification for treatment and prevention of obesity". *Endocrine (Review)* 29 (1): 5–9.
- **Nestle M, Jacobson MF** (2000). "Halting the obesity epidemic: a public health policy approach". *Public Health Rep (Research Support)* 115 (1): 12–24.
- Obesity and overweight". World Health Organization. Retrieved April 8, 2009.
- Obesity and overweight: Economic consequences". Centers for Disease Control and Prevention. 22 May 2007. Retrieved 2007-09-05.
- Obesity can be deemed a disability at work - EU court". Reuters. December 18, 2014. Retrieved December 18, 2014.
- Obesity: guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children" (PDF). National Institute for Health and Clinical Excellence (NICE). National Health Services (NHS). 2006. Retrieved April 8, 2009.
- **Ogden, Cynthia L.; Carroll, Margaret D.; Dommarco, Juan A. Rivera; Carroll, Margaret; Shields, Margot; Flegal, Katherine** (2012). "Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010". *Journal of American Medical Association*.
- **Ogg EC, Millar HR, Puzstai EE, Thom AS** (1997). "General practice consultation patterns preceding diagnosis of eating disorders". *Int J Eat Disord* 22 (1): 89–93.
- **O'Gorman CS, O'Neill MB, Conwell LS**. Considering statins for cholesterol-reduction in children if lifestyle and diet changes do not improve their health: a review of the risks and benefits. *Vasc Health Risk Manag*. 2010 Dec 20;7:1-14.

- **Olsen NJ, Heitmann BL** (January 2009). "Intake of calorically sweetened beverages and obesity". *Obes Rev(Review)* 10 (1): 68–75
- **Omura T, Takizawa Y, Kojima S, Funaki S, Sawabe K, Takakuwa K, Ono Y, Kishi M, Yamazaki T, Iida M, et al.** [A five-year follow-up study on blood pressure and serum cholesterol in junior high school children. *Nihon Koshu Eisei Zasshi*. 1991 Jun;38(6):417-24.
- **Oreopoulos A, Padwal R, Norris CM, Mullen JC, Pretorius V, Kalantar-Zadeh K** (February 2008). "Effect of obesity on short- and long-term mortality post coronary revascularization: A meta-analysis". *Obesity (Silver Spring)(Meta-analysis)* 16 (2): 442–50.
- **Ortega FB, Ruiz JR, Castillo MJ, Sjöström M** (2007). "Physical fitness in childhood and adolescence: a powerful marker of health". *Int J Obes (Lond)* 23 (1): 1–11.
- **Patrick K, Norman GJ, Calfas KJ, Sallis JF, Zabinski MF, Rupp J, Cella J.** "Diet, physical activity, and sedentary behaviors as risk factors for overweight in adolescence.", *Arch Pediatr Adolesc Med*. 2004 Apr;158(4):385-90.
- **Peeters A, Barendregt JJ, Willekens F, Mackenbach JP, Al Mamun A, Bonneux L** (January 2003). "Obesity in adulthood and its consequences for life expectancy: A life-table analysis". *Annals of Internal Medicine* 138 (1): 24–32
- **Perry CP, Keane E, Layte R, Fitzgerald AP, Perry IJ, Harrington JM.**, "The use of a dietary quality score as a predictor of childhood overweight and obesity." *BMC Public Health*. 2015 Jun 24;15:581.

- **Pestana IA, Greenfield JM, Walsh M, Donatucci CF, Erdmann D** (October 2009). "Management of "buried" penis in adulthood: an overview". *Plast. Reconstr. Surg. (Review)*124 (4): 1186–95.
- **Pischon T, Boeing H, Hoffmann K, Bergmann M, Schulze MB, Overvad K, van der Schouw YT, Spencer E, Moons KG, Tjønneland A et al.** (November 2008). "General and abdominal adiposity and risk of death in Europe". *N. Engl. J. Med.* 359 (20): 2105–20
- **Poirier P, Giles TD, Bray GA, Hong Y, Stern JS, Pi-Sunyer FX, Eckel RH** (May 2006). "Obesity and cardiovascular disease: pathophysiology, evaluation, and effect of weight loss". *Arterioscler. Thromb. Vasc. Biol.*(Review) 26 (5): 968–76
- **Poirier P, and Després JP.**, "Exercise in weight management of obesity", *Cardiol Clin.* 2001 Aug;19(3):459-70.
- **Pollack, Andrew** (June 18, 2013). "A.M.A. Recognizes Obesity as a Disease". *New York Times.* Archived from the original on June 18, 2013.
- **Pollan, Michael** (22 April 2007). "You Are What You Grow". *New York Times.* Retrieved 2007-07-30.
- **Polotsky AJ, Hailpern SM, Skurnick JH, Lo JC, Sternfeld B, Santoro N** (April 2010). "Association of adolescent obesity and lifetime nulliparity—the Study of Women's Health Across the Nation (SWAN)". *Fertil. Steril.* 93 (6): 2004–11.
- **Puhl R, Brownell KD** (December 2001). "Bias, discrimination, and obesity". *Obes. Res. (Review)* 9 (12): 788–805.

- **Pulver, Adam** (2007). *An Imperfect Fit: Obesity, Public Health, and Disability Anti-Discrimination Law*. Social Science Electronic Publishing. Retrieved January 13,2009.
- **Quinart S, Gros Lambert A, Ecartot F, Simon-Rigaud ML, Nicolet-Guénat M, Nègre V, Mougín F.**, “Validation of a new scale to measure perceived exertion in obese adolescents: the Childhood Obesity Perceived Exertion (Cope-10) scale”, *J Sports Med Phys Fitness*. 2015 Jul 1
- **Reinehr T, Wabitsch M** (2011). "Childhood Obesity". *Current Opinion in Lipidology* 22 (1): 21–25.
- **Ritchie LD, Welk G, Styne D, Gerstein DE, Crawford PB** Family environment and pediatric overweight: what is a parent to do? *J Am Diet Assoc*. 2005 May;105(5 Suppl 1):S70-9.
- **Romero-Corral A, Montori VM, Somers VK, Korinek J, Thomas RJ, Allison TG, Mookadam F, Lopez-Jimenez F** (2006). "Association of bodyweight with total mortality and with cardiovascular events in coronary artery disease: A systematic review of cohort studies". *Lancet (Review)* 368(9536): 666–78.
- **Rosén T, Bosaeus I, Tölli J, Lindstedt G, Bengtsson BA** (1993). "Increased body fat mass and decreased extracellular fluid volume in adults with growth hormone deficiency". *Clin. Endocrinol. (Oxf)* 38 (1): 63–71.
- **Rosenheck R** (November 2008). "Fast food consumption and increased caloric intake: a systematic review of a trajectory towards weight gain and obesity risk". *Obes Rev(Review)* 9 (6): 535–47

- **Rucker D, Padwal R, Li SK, Curioni C, Lau DC** (2007). "Long term pharmacotherapy for obesity and overweight: updated meta-analysis". *BMJ (Meta-analysis)* 335 (7631): 1194–99.
- **Sacks G, Swinburn B, Lawrence M** (January 2009). "Obesity Policy Action framework and analysis grids for a comprehensive policy approach to reducing obesity". *Obes Rev* 10 (1): 76–86.
- **Salmon J, Timperio A** (2007). "Prevalence, trends and environmental influences on child and youth physical activity". *Med Sport Sci (Review). Medicine and Sport Science* 50: 183–99
- **Santos M, Cadieux A, Gray J, Ward W.**, "Pediatric Obesity in Early Childhood: A Physician Screening Tool", *Clin Pediatr (Phila)*. 2015 Jun 26.
- **Satcher D** (2001). *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. U.S. Dept. of Health and Human Services, Public Health Service, Office of Surgeon General. ISBN 978-0-16-051005-2.
- **Shaikh U, Romano P, Paterniti DA**, "Organizing for Quality Improvement in Health Care: An Example From Childhood Obesity Prevention" *Qual Manag Health Care*. 2015 Jul-Sep;24(3):121-8.
- **Shick SM, Wing RR, Klem ML, McGuire MT, Hill JO, Seagle H** (April 1998). "Persons successful at long-term weight loss and maintenance continue to consume a low-energy, low-fat diet". *J Am Diet Assoc* 98 (4): 408–13.
- **Smith E, Hay P, Campbell L, Trollor JN** (2011). "A review of the association between obesity and cognitive function across the lifespan: implications for novel approaches to prevention and treatment". *Obesity Reviews (Review)* 12(9): 740–755.

- **Sobal J, Stunkard AJ** (March 1989). "Socioeconomic status and obesity: A review of the literature". *Psychol Bull(Review)* 105 (2): 260–75.
- **Sonneville KR, La Pelle N, Taveras EM, Gillman MW, Prosser LA.** Economic and other barriers to adopting recommendations to prevent childhood obesity: results of a focus group study with parents. *BMC Pediatr.* 2009 Dec 21;9:81.
- **Speiser PW, Rudolf MC, Anhalt H et al.** (2005). "Childhood obesity". *J. Clin. Endocrinol. Metab.* 90 (3): 1871–87.
- **Stettler N, Zemel BS, Kumanyika S, Stallings VA** (2002). "Infant weight gain and childhood overweight status in a multicenter, cohort study". *Pediatrics* 109 (2): 194–9.
- **Storing up problems; the medical case for a slimmer nation.** London: Royal College of Physicians. 2004-02-11. ISBN 1-86016-200-2.
- **Strychar I** (January 2006). "Diet in the management of weight loss". *CMAJ (Review)* 174 (1): 56–63.
- **Sweeting HN** (2007). "Measurement and Definitions of Obesity In Childhood and Adolescence: A field guide for the uninitiated". *Nutr J* 6 (1): 32.
- **Tate DF, Jeffery RW, Sherwood NE, Wing RR** (1 April 2007). "Long-term weight losses associated with prescription of higher physical activity goals. Are higher levels of physical activity protective against weight regain?". *Am. J. Clin. Nutr. (Randomized Controlled Trial)* 85 (4): 954–9. PMID 17413092.
- **The inactivity of preschoolers amid rising childhood obesity** (summarized from *child development*, vol. 80, issue 1, social and environmental factors associated with preschoolers' non-sedentary physical activity by brown, wh (university of

south carolina), pfeiffer, ka (michigan state university), mciver, kl (east carolina university), dowda, m, addy, cl, and pate, rr (university of south carolina). Medical News Today. February 2009. Retrieved September 25, 2010.

- **Tucker LA, Bagwell M** (July 1991). "Television viewing and obesity in adult females" (PDF). *Am J Public Health* 81(7): 908–11
- **Tukker A, Visscher TL, Picavet HS** (April 2008). "Overweight and health problems of the lower extremities: osteoarthritis, pain and disability". *Public Health Nutr(Research Support)* 12 (3): 1–10.
- U.S. Preventive Services Task Force (June 2003). "Behavioral counseling in primary care to promote a healthy diet: recommendations and rationale". *Am Fam Physician(Review)* 67 (12): 2573–6
- **Van Baal PH, Polder JJ, de Wit GA, Hoogenveen RT, Feenstra TL, Boshuizen HC, Engelfriet PM, Brouwer WB** (February 2008). "Lifetime Medical Costs of Obesity: Prevention No Cure for Increasing Health Expenditure". *PLoS Med. (Comparative Study)* 5 (2): e29.
- **Videon TM, Manning CK** (2003). "Influences on adolescent eating patterns: the importance of family meals". *J Adolesc Health*32 (5): 365–73.
- **Vioque J, Torres A, Quiles J** (December 2000). "Time spent watching television, sleep duration and obesity in adults living in Valencia, Spain". *Int. J. Obes. Relat. Metab. Disord. (Research Support)* 24 (12): 1683–8
- **Walley AJ, Asher JE, Froguel P** (June 2009). "The genetic contribution to non-syndromic human obesity". *Nature Reviews Genetics (Review)* 10 (7): 431–42

- **Walley, Andrew J., Asher, Julian E., Froguel, Philippe** (July 2009). "The genetic contribution to non-syndromic human obesity.". *Nat Rev Genet.* (Review) 10 (7): 431–42.
- **Wamberg L, Christiansen T, Paulsen SK, Fisker S, Rask P, Rejnmark L, Richelsen B, Pedersen SB.** "Expression of vitamin D-metabolizing enzymes in human adipose tissue -- the effect of obesity and diet-induced weight loss." *Int J Obes (Lond).* 2013 May;37(5):651-7.
- **Watts K, Jones TW, Davis EA, Green D.,**(2005), "Exercise practice in obese children and adolescents: current concepts.", *Sports Med.* 2005;35(5):375-92.
- **Weinstock, Matthew** (June 21, 2013). "The Facts About Obesity". H&HN. American Hospital Association. Retrieved June 24, 2013.
- **Wells JC** (2009). "Thrift: A guide to thrifty genes, thrifty phenotypes and thrifty norms". *International Journal of Obesity (Review)* 33 (12): 1331–1338.
- **Weng HH, Bastian LA, Taylor DH, Moser BK, Ostbye T** (2004). "Number of children associated with obesity in middle-aged women and men: results from the health and retirement study". *J Women's Health (Larchmt)(Comparative Study)* 13 (1): 85–91.
- Which BMI standards to use in practice? (2012). *Public Health Nutrition*, 15(8), 1541-2.
- **Whitlock G, Lewington S, Sherliker P, Clarke R, Emberson J, Halsey J, Qizilbash N, Collins R, Peto R** (March 2009). "Body-mass index and cause-specific mortality in 900 000 adults: collaborative analyses of 57 prospective studies". *Lancet* 373 (9669): 1083–96.

- **WHO** | Physical Inactivity: A Global Public Health Problem". World Health Organization. Retrieved February 22, 2009.
- **WHO Expert, Consultation** (Jan 10, 2004). "Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies.". *Lancet* 363 (9403): 157–63.
- **WHO**: Obesity and overweight". World Health Organization. Archived from the original on December 18, 2008. Retrieved January 10, 2009.
- **Wing RR, Phelan S** (2005). "Long-term weight loss maintenance". *The American Journal of Clinical Nutrition*(Review) 82 (1 Suppl): 222S–225S. PMID 16002825.
- **Wolfe SM** (21 August 2013). "When EMA and FDA decisions conflict: differences in patients or in regulation?". *BMJ (Clinical research ed.)* 347: f5140.
- **Woodhouse R** (2008). "Obesity in art: A brief overview". *Front Horm Res. Frontiers of Hormone Research* 36: 271–86.
- **Wright JD, Kennedy-Stephenson J, Wang CY, McDowell MA, Johnson CL** (February 2004). "Trends in intake of energy and macronutrients—United States, 1971–2000". *MMWR Morb Mortal Wkly Rep* 53 (4): 80–2.
- **Wu S, Ding Y, Wu F, Li R, Hu Y, Hou J, Mao P.** (2015) “Socio-economic position as an intervention against overweight and obesity in children: a systematic review and meta-analysis”, *Sci Rep.* 26;5:11354.
- **Yang W, Kelly T, He J** (2007). "Genetic epidemiology of obesity". *Epidemiol Rev (Review)* 29: 49–61.

- **Yanovski SZ, Yanovski JA** (Jan 1, 2014). "Long-term drug treatment for obesity: a systematic and clinical review.". *JAMA: the Journal of the American Medical Association (Review)* 311 (1): 74–86.
- **Yosipovitch G, DeVore A, Dawn A** (June 2007). "Obesity and the skin: skin physiology and skin manifestations of obesity". *J. Am. Acad. Dermatol.* 56 (6): 901–16; quiz 917–20.
- **Zorba E, Cengiz T, Karacabey K.** Exercise practice improves body composition, blood lipid profile and serum insulin levels in obese children. *J Sports Med Phys Fitness.* 2011 Dec;51(4):664-9.

WEBSITES

- www.pubmed.com
- www.en.wikipedia.com
- www.uptodate.com
- www.raisingchildren.net.au
- www.health-ninemsn.com
- www.ScienceDaily.com
- www.parentingteens.about.com
- www.livestrong.com
- www.healthlibrary.com
- www.obesity.com
- www.eating.com
- www.sallis.ucsd.edu/measures.html