

Childhood Obesity in the United States

Emma Stohl

FOOTNOTES

1. "Obesity," *Centers for Disease Control and Prevention*, August 10, 2022, <https://www.cdc.gov/healthyschools/obesity/index.htm>.
2. "Childhood Obesity Facts," *Overweight and Obesity*, May 17, 2022, <https://www.cdc.gov/obesity/data/childhood.html#Prevalence>.
3. Jennifer Miller, Arlan Rosenbloom, and Janet Silverstein, "Childhood Obesity," *The Journal of Clinical Endocrinology & Metabolism* 89, no. 9, (2004): 4211–18, <https://doi.org/10.5551/jat.10.63>.
4. Ibid.
5. "Defining Child BMI Categories," *Centers for Disease Control and Prevention*, March 21, 2023, <https://www.cdc.gov/obesity/basics/childhood-defining.html>.
6. Ibid.
7. "Central Obesity Significantly Increases Risk of Serious Health Problems," *Bangkok Hospital*, accessed June 29, 2023, <https://www.bangkokhospital.com/en/content/metabolic-syndrome-creates-disease>.
8. Chayil Champion, "What You Need to Know about Processed Foods - and Why It Is so Hard to Quit Them," *UCLA Health System*, December 21, 2021, <https://www.uclahealth.org/news/what-you-need-to-know-about-processed-foods-and-why-it-is-so-hard-to-quit-them>.
9. "Loneliness and Social Isolation - Tips for Staying Connected," *National Institute on Aging*, accessed June 28, 2023, <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>.
10. Ryan Gage et al., "The Frequency and Context of Snacking among Children: an Objective Analysis Using Wearable Cameras," *Nutrients* 13, no. 1 (2020): 103, <https://doi.org/10.3390/nu13010103>.
11. "Defining Child BMI Categories," *Centers for Disease Control and Prevention*, March 21, 2023, <https://www.cdc.gov/obesity/basics/childhood-defining.html>.
12. Ibid.
13. "Defining Child BMI Categories," *Centers for Disease Control and Prevention*, March 21, 2023, <https://www.cdc.gov/obesity/basics/childhood-defining.html>.
14. Krushnapriya Sahoo et al., "Childhood Obesity: Causes and Consequences," *Journal of Family Medicine and Primary Care* 4, no. 2 (2015): 187, <https://doi.org/10.4103/2249-4863.154628>.
15. Ibid.
16. Ibid.
17. Ibid.
18. "Defining Child BMI Categories," *Overweight and Obesity*, March 21, 2023, <https://www.cdc.gov/obesity/basics/childhood-defining.html>.
19. Ibid.
20. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: a Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
21. "Defining Child BMI Categories," *Center for Disease Control*, accessed June 29, 2023, <https://www.cdc.gov/obesity/basics/childhood-defining.html>.
22. Ibid.
23. "Overweight & Obesity Statistics," *NIDDK*, accessed June 1, 2023, <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>.
24. "Childhood Obesity Facts," *Overweight and Obesity*, May 17, 2022, <https://www.cdc.gov/obesity/data/childhood.html#Prevalence>.
25. Ibid.
26. Ibid.

27. Ibid.
28. Ibid.
29. Ibid.
30. John Elflein, "Topic: Obesity in the United States Statistics and Facts," *Statista*, January 25, 2023, <https://www.statista.com/topics/1005/obesity-and-overweight/#topicOverview>.
31. William H. Dietz, "The Response of the US Centers for Disease Control and Prevention to the Obesity Epidemic," *Annual Review of Public Health* 36 (2015): 575–96, <https://doi.org/10.1146/annurev-publhealth-031914-122415>.
32. "CDC Grand Rounds: Childhood Obesity in the United States," *Morbidity and Mortality Weekly Report*, January 21, 2011, <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6002a2.htm>.
33. John Elflein, "Topic: Obesity in the United States Statistics and Facts," *Statista*, January 25, 2023, <https://www.statista.com/topics/1005/obesity-and-overweight/#topicOverview>.
34. William H. Dietz, "The Response of the US Centers for Disease Control and Prevention to the Obesity Epidemic," *Annual Review of Public Health* 36 (2015): 575–96, <https://doi.org/10.1146/annurev-publhealth-031914-122415>.
35. Ibid.
36. Ibid.
37. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: A Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
38. Ibid.
39. "Childhood Obesity Facts," *Overweight and Obesity*, May 17, 2022, <https://www.cdc.gov/obesity/data/childhood.html#Prevalence>.
40. "Obese Children," *Health, Society, Obese Children*, February 10, 2020, <https://worldmapper.org/maps/obese-children-2015/#>.
41. Ibid.
42. Ibid.
43. Johnson III, James Allen, and Asal Mohamadi Johnson, "Urban-Rural Differences in Childhood and Adolescent Obesity in the United States: A Systematic Review and Meta-Analysis," *Childhood Obesity* 11, no. 3 (2015): 233–41, <https://doi.org/10.1089/chi.2014.0085>.
44. Mark Simmonds et al., "Predicting Adult Obesity from Childhood Obesity: A Systematic Review and Meta-Analysis," *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity* 17, no. 2, (December 2015): 95–107, <https://doi.org/10.1111/obr.12334>.
45. Bindra Shah et al., "Sex and Gender Differences in Childhood Obesity: Contributing to the Research Agenda," *BMJ Nutrition, Prevention & Health* 3, no. 2 (2020): 387, <https://doi.org/10.1136/bmjnph-2020-000074>.
46. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: A Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
47. Aaron O'Neill, "Topic: Children and Technology Statistics and Facts," *Statista*, November 17, 2022, <https://www.statista.com/topics/9840/children-and-technology/#topicOverview>.
48. Ibid.
49. Aaron O'Neill, "Topic: Children and Technology Statistics and Facts," *Statista*, November 17, 2022, <https://www.statista.com/topics/9840/children-and-technology/#topicOverview>.
50. Martin Armstrong and Felix Richter, "Infographic: Screen Time Dominates Kid's Play," *Statista Infographics*, November 1, 2017, <https://www.statista.com/chart/11651/screen-time-dominates-kids-play/>.
51. Ibid.
52. Ibid.
53. Jennifer Miller, Arlan Rosenbloom, and Janet Silverstein, "Childhood Obesity," *The Journal of Clinical Endocrinology & Metabolism* 89, no. 9, (2004): 4211–18, <https://doi.org/10.5551/jat.10.63>.
54. "The Negative Effects of Technology on Children," *National University*, May 13, 2021, <https://www.nu.edu/blog/negative-effects-of-technology-on-children-what-can-you-do/>.
55. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: a Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
56. Ibid.

57. Cheryl D, Frayer et al., "Fast Food Intake Among Children and Adolescents in the United States, 2015-2018," *Centers for Disease Control and Prevention*, August 14, 2020, <https://www.cdc.gov/nchs/data/databriefs/db375-h.pdf>.
58. Ibid.
59. Julia A Wolfson and Sarah N Blich, "Study Suggests Home Cooking Is a Main Ingredient in Healthier Diet," *John Hopkins Center for a Livable Future*, November 17, 2014, <https://clf.jhsph.edu/about-us/news/news-2014/study-suggests-home-cooking-main-ingredient-healthier-diet>.
60. Ibid.
61. Susanna Mills et al., "Frequency of Eating Home Cooked Meals and Potential Benefits for Diet and Health: Cross-Sectional Analysis of a Population-Based Cohort Study," *The International Journal of Behavioral Nutrition and Physical Activity*, August 17, 2017, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5561571/>.
62. "5 A Day portion sizes," NHS, accessed August 17, 2023, <https://www.nhs.uk/live-well/eat-well/5-a-day/portion-sizes/>.
63. Ibid.
64. Ibid.
65. Thomas N. Robinson et al., "Screen Media Exposure and Obesity in Children and Adolescents," *Pediatrics* 140, no. 2 (2017): S97–101, <https://doi.org/10.1542/peds.2016-1758K>.
66. Ibid.
67. Ryan Gage et al., "The Frequency and Context of Snacking among Children: an Objective Analysis Using Wearable Cameras," *Nutrients* 13, no. 1 (2020): 103, <https://doi.org/10.3390/nu13010103>.
68. Carmen Piernas and Barry M. Popkin, "Trends in Snacking among US Children," *Health Affairs* 29, no. 3 (2010): 398–404.
69. Ryan Gage et al., "The Frequency and Context of Snacking among Children: an Objective Analysis Using Wearable Cameras," *Nutrients* 13, no. 1 (2020): 103, <https://doi.org/10.3390/nu13010103>.
70. Carmen Piernas and Barry M. Popkin. "Trends in Snacking Among US Children." *Health Affairs* 29, no. 3 (2010): 398–404.
71. Ryan Gage et al., "The Frequency and Context of Snacking among Children: An Objective Analysis Using Wearable Cameras," *Nutrients* 13, no. 1 (2020): 103, <https://doi.org/10.3390/nu13010103>.
72. Thomas N. Robinson et al., "Screen Media Exposure and Obesity in Children and Adolescents," *Pediatrics* 140, no. 2 (2017): S97–101, <https://doi.org/10.1542/peds.2016-1758K>.
73. Ibid.
74. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: A Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
75. Harvard T.H. Chan, "Physical Activity," *Obesity Prevention Source*, April 12, 2016. <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/physical-activity-and-obesity/>.
76. Harvard T.H. Chan, "Physical Activity," *Obesity Prevention Source*, April 12, 2016, <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/physical-activity-and-obesity/>.
77. Ickpyo Hong et al., "Relationship between Physical Activity and Overweight and Obesity in Children: Findings from the 2012 National Health and Nutrition Examination Survey National Youth Fitness Survey," *The American Journal of Occupational Therapy*, July 27, 2016, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4993132/>.
78. Ibid.
79. Ibid.
80. Jennifer Miller, Arlan Rosenbloom, and Janet Silverstein, "Childhood Obesity," *The Journal of Clinical Endocrinology & Metabolism* 89, no. 9, (2004): 4211–18, <https://doi.org/10.5551/jat.10.63>.
81. "Share of Children Aged 6 to 12 Who Engaged in No Sporting Activity during the Year in the United States from 2011 to 2018," *Statista*, December 9, 2022, <https://www.statista.com/statistics/986526/physically-inactive-children/>.

82. "Participation Rate in Selected Physical Activities in the United States in 2021, by Age Group," *Statista*, December 9, 2022, <https://www.statista.com/statistics/1023923/physical-activity-participation-rate-type-age/>.
83. Ibid.
84. "Most Common Ways Children Have Stayed Active during the Coronavirus (COVID-19) Pandemic in the United States as of September 2020," *Statista*, December 9, 2022, <https://www.statista.com/statistics/1233349/youth-activities-covid/>.
85. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: A Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
86. Todd Data, "Poll Finds Lack of Physical Education in Public Schools a Concern of Parents," *Harvard T.H. Chan School of Public Health*, January 15, 2014, <https://www.hsph.harvard.edu/news/press-releases/lack-of-physical-education-in-schools-concerns-parents/>.
87. Adekunle Sanyaolu et al., "Childhood and Adolescent Obesity in the United States: A Public Health Concern," *Global Pediatric Health* 6 (2019), <https://doi.org/10.1177/2333794X19891305>.
88. Todd Data, "Poll Finds Lack of Physical Education in Public Schools a Concern of Parents," *Harvard T.H. Chan School of Public Health*, January 15, 2014, <https://www.hsph.harvard.edu/news/press-releases/lack-of-physical-education-in-schools-concerns-parents/>.
89. Ibid.
90. Judith E. Rink and Tina J. Hall, "Research on Effective Teaching in Elementary School Physical Education," *The Elementary School Journal* 108, no. 3 (2008): 207–218.
91. Collin Webster, "Kids Need Physical Education – Even When They Can't Get It at School," *University of South Carolina*, June 5, 2020, https://sc.edu/uofsc/posts/2020/06/06_conversation_pe_webster.php.
92. Todd Data, "Poll Finds Lack of Physical Education in Public Schools a Concern of Parents," *Harvard T.H. Chan School of Public Health*, January 15, 2014, <https://www.hsph.harvard.edu/news/press-releases/lack-of-physical-education-in-schools-concerns-parents/>.
93. Petra Kühr et al., "Three Times as Much Physical Education Reduced the Risk of Children Being Overweight or Obese after 5 years," *Acta Paediatrica* 109, no. 3 (2020): 595–601.
94. Ibid.
95. Ibid.
96. Ibid.
97. "Unexplained Childhood Obesity? Consider Genetic Causes," *Children's Hospital of Philadelphia*, December 8, 2021, <https://www.chop.edu/news/unexplained-childhood-obesity-consider-genetic-causes>.
98. William S. Garver et al., "The Genetics of Childhood Obesity and Interaction with Dietary Macronutrients," *Genes Nutr* 8, 271–87 (2013), <https://doi.org/10.1007/s12263-013-0339-5>.
99. Cristina Mărginean, Claudiu Mărginean, Lorena E. Meliț, "New Insights Regarding Genetic Aspects of Childhood Obesity: A Minireview," *Frontiers in Pediatrics* 6 (2018): 271, <https://doi.org/10.3389/fped.2018.00271>.
100. William S. Garver et al., "The Genetics of Childhood Obesity and Interaction with Dietary Macronutrients," *Genes Nutr* 8, 271–87 (2013), <https://doi.org/10.1007/s12263-013-0339-5>.
101. Ibid.
102. Sonali Malhotra, Ramya Sivasubramanian, and Gitanjali Srivastava, "Evaluation and Management of Early Onset Genetic Obesity in Childhood," *Journal of Pediatric Genetics* 10, no. 3 (February 2021): 194–204. <https://doi.org/10.1055/s-0041-1731035>.
103. Ibid.
104. Ibid.
105. Ibid.
106. William S. Garver et al., "The Genetics of Childhood Obesity and Interaction with Dietary Macronutrients," *Genes Nutr* 8, 271–87 (2013), <https://doi.org/10.1007/s12263-013-0339-5>.
107. H  l  ne Choquet and David Meyre, "Genomic Insights into Early-Onset Obesity," *Genome Medicine* 2, no. 6 (2010): 1–12, <https://genomemedicine.biomedcentral.com/articles/10.1186/gm157>.

108. William S. Garver et al., The Genetics of Childhood Obesity and Interaction with Dietary Macronutrients, *Genes Nutr* 8, 271–87 (2013), <https://doi.org/10.1007/s12263-013-0339-5>.
109. Ibid.
110. Sheridan H. Littleton, R. I. Berkowitz, and S.F.A. Grant, “Genetic Determinants of Childhood Obesity,” *Molecular Diagnosis & Therapy* 24, no. 6 (2020): 653–663, <https://doi.org/10.1007/s40291-020-00496-1>.
111. William S. Garver et al., The Genetics of Childhood Obesity and Interaction with Dietary Macronutrients, *Genes Nutr* 8, 271–87 (2013), <https://doi.org/10.1007/s12263-013-0339-5>.
112. Anna Rosiek et al., “Effect of Television on Obesity and Excess of Weight and Consequences of Health,” *International Journal of Environmental Research and Public Health*, August 12, 2015, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555288/>.
113. Ibid.
114. Elizabeth R. Pulgaron and Alan M. Delamater, “Obesity and Type 2 Diabetes in Children: Epidemiology and Treatment,” *Current Diabetes Reports*, August 2014, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4099943/>.
115. Fariba Ahmadizar et al., “Childhood Obesity in Relation to Poor Asthma Control and Exacerbation: A Meta-Analysis,” *European Respiratory Journal* 48, no. 4 (2016): 1063–73, <https://www.doi.org/10.1183/13993003.00766-2016>.
116. Ibid.
117. Ibid.
118. Anna Rosiek et al., “Effect of Television on Obesity and Excess of Weight and Consequences of Health,” *International Journal of Environmental Research and Public Health*, August 12, 2015, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555288/>.
119. Jason E. Lang, “Obesity, Nutrition, and Asthma in Children,” *Pediatric Allergy, Immunology, and Pulmonology* 25, no. 2 (2012): 64–75, <https://doi.org/10.1089/ped.2011.0137>.
120. Emanuela di Palmo et al., “Childhood Obesity and Respiratory Diseases: Which Link?” *Children*, February 25, 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7996509/>.
121. Anna Rosiek et al., “Effect of Television on Obesity and Excess of Weight and Consequences of Health,” *International Journal of Environmental Research and Public Health*, August 12, 2015, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555288/>.
122. M. Schwartz and A. Chadha, “Type 2 Diabetes Mellitus in Childhood: Obesity and Insulin Resistance,” *Journal of Osteopathic Medicine* 108, no. 9 (2018): 518–24, <https://doi.org/10.7556/jaoa.2008.108.9.518>.
123. Ibid.
124. “High Blood Pressure in Kids,” *High Blood Pressure in Kids – Children’s Health*, 2020, <https://www.childrens.com/health-wellness/high-blood-pressure-and-kids>.
125. Elizabeth R. Pulgaron and Alan M Delamater, “Obesity and Type 2 Diabetes in Children: Epidemiology and Treatment,” *Current Diabetes Reports*, August 2014, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4099943/>.
126. Ibid.
127. Ibid.
128. “Prevalence of Diagnosed Diabetes,” *Centers for Disease Control and Prevention*, September 30, 2022, <https://www.cdc.gov/diabetes/data/statistics-report/diagnosed-diabetes.html>.
129. (283,000 children under the age of 20 with diabetes) – (244,000 with Type 1 diabetes) = 39,000 children and adolescents under the age of 20 with Type 2 diabetes
130. Type 2 Diabetes Is Becoming More Common in Children,” *NIHR Evidence*, January 7, 2023, <https://evidence.nihr.ac.uk/alert/type-2-diabetes-is-becoming-more-common-in-children/>.
131. Mohammad Asif, “The Prevention and Control the Type-2 Diabetes by Changing Lifestyle and Dietary Pattern,” *Journal of Education and Health Promotion*, February 21, 2014, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3977406/>.
132. “Type 2 Diabetes,” *Centers for Disease Control and Prevention*, April 18, 2023, <https://www.cdc.gov/diabetes/basics/type2.html>.
133. Michael Pizzi and Kerryellen Vroman, “Childhood Obesity: Effects on Children's Participation, Mental Health, and Psychosocial Development,” *Occupational Therapy In Health Care* 27, no. 2 (2013): 99–112, <https://doi.org/10.3109/07380577.2013.784839>.

134. Aikaterini Kanellopoulou et al., "The Association between Obesity and Depression among Children and the Role of Family: A Systematic Review," *Children*, August 18, 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9406476/>.
135. Michael A. Pizzi and Kerryellen Vroman, "Childhood Obesity: Effects on Children's Participation, Mental Health, and Psychosocial Development," *Occupational Therapy In Health Care* 27, no. 2 (2013): 99–112, <https://doi.org/10.3109/07380577.2013.784839>.
136. Ibid.
137. Ibid.
138. Simeng Wang et al., "The Prevalence of Depression and Anxiety Symptoms among Overweight/Obese and Non-Overweight/Non-Obese Children/Adolescents in China: A Systematic Review and Meta-Analysis," *International Journal of Environmental Research and Public Health*, January 26, 2019, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6388174/>.
139. Louise Lindberg et al., "Anxiety and Depression in Children and Adolescents with Obesity: A Nationwide Study in Sweden - BMC Medicine," *BioMed Central*, March 3, 2020, <https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-020-1498-z>.
140. Moria Golan, "Parents as Agents of Change in Childhood Obesity—From Research to Practice," *International Journal of Pediatric Obesity* 1, no. 2 (2006): 66, <https://doi.org/10.1080/17477160600644272>.
141. Michael A. Pizzi and Kerryellen Vroman, "Childhood Obesity: Effects on Children's Participation, Mental Health, and Psychosocial Development," *Occupational Therapy In Health Care* 27, no. 2 (2013): 99–112, <https://doi.org/10.3109/07380577.2013.784839>.
142. Moria Golan, "Parents as Agents of Change in Childhood Obesity—From Research to Practice," *International Journal of Pediatric Obesity* 1, no. 2 (2006): 66, <https://doi.org/10.1080/17477160600644272>.
143. Aikaterini Kanellopoulou, George Antonogeorgos, Konstantinos Douros, and Demosthenes B Panagiotakos, "The Association between Obesity and Depression among Children and the Role of Family: A Systematic Review," *Children*, August 18, 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9406476/>.
144. Sarah-Jeanne Salvy et al., "Influence of Peers and Friends on Overweight/Obese Youths' Physical Activity," *Exercise and Sport Sciences Reviews*, July 2012, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7187637/>.
145. Ibid.
146. Michael Pizzi and Kerryellen Vroman, "Childhood Obesity: Effects on Children's Participation, Mental Health, and Psychosocial Development," *Occupational Therapy In Health Care* 27, no. 2 (2013): 99–112, <https://doi.org/10.3109/07380577.2013.784839>.
147. Kristie Rupp and Stephanie M McCoy, "Bullying Perpetration and Victimization among Adolescents with Overweight and Obesity in a Nationally Representative Sample," *Childhood Obesity*, July 2019, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7364321/>.
148. Rania Hussein, Ragaa Mohammed, Inass Ahmed, "Psychological Impact of Obesity in Children," *The Scientific Journal of Al-Azhar Medical Faculty, Girls* 4, no. 1 (January 2020): 17–21, https://doi.org/10.4103/sjamf.sjamf_98_19.
149. Michael Pizzi and Kerryellen Vroman, "Childhood Obesity: Effects on Children's Participation, Mental Health, and Psychosocial Development," *Occupational Therapy In Health Care* 27, no. 2 (2013): 99–112, <https://doi.org/10.3109/07380577.2013.784839>.
150. Ibid.
151. Ibid.
152. "Loneliness and Social Isolation - Tips for Staying Connected," *National Institute on Aging*, accessed June 28, 2023, <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>.
153. Mark Simmonds et al., "Predicting Adult Obesity from Childhood Obesity: A Systematic Review and Meta-Analysis," *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity* 17, no. 2 (December 2015): 95–107, <https://doi.org/10.1111/obr.12334>.
154. Kenneth H. Rubin, Robert J. Coplan, and Julie C. Bowker, "Social Withdrawal in Childhood," *Annual Review of Psychology*, 2009, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3800115/>.

155. Moria Golan, "Parents as Agents of Change in Childhood Obesity—From Research to Practice," *International Journal of Pediatric Obesity* 1, no. 2 (2006): 66, <https://doi.org/10.1080/17477160600644272>.
156. Ibid.
157. Ibid.
158. Jiyong Ling and Mekdes Gebremariam, "Embracing Parenting Role in Childhood Obesity," *BMC Public Health*, June 12, 2023, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10258925/>.
159. Ibid.
160. Ibid.
161. "About Us," *Alliance for a Healthier Generation*, 2023, <https://www.healthiergeneration.org/about-us>.
162. Ibid.
163. Ibid.
164. "Annual Impact Report FY2020," *Alliance for a Healthier Generation*, 2023, <https://www.healthiergeneration.org/annual-reports/fy2020>.
165. Ibid.
166. Ibid.
167. Jerica M. Berge and Jessie C Everts, "Family-Based Interventions Targeting Childhood Obesity: A Meta-Analysis," *Childhood Obesity*, April 2011, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4504253/>.
168. Kirsten K. Davison et al., "A Childhood Obesity Intervention Developed by Families for Families: Results from a Pilot Study - International Journal of Behavioral Nutrition and Physical Activity," *BioMed Central*, January 5, 2013, <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-10-3>.
169. Ibid.
170. Ibid.
171. Ibid.
172. Jerica M. Berge and Jessie C Everts, "Family-Based Interventions Targeting Childhood Obesity: A Meta-Analysis," *Childhood Obesity*, April 2011, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4504253/>.
173. Ibid.
174. Ibid.
175. Ibid.