

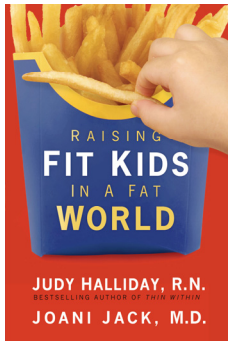
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How Parents Can Confront America's Growing Childhood Obesity Epidemic

A pediatrician and registered nurse offer an innovative new book giving parents effective strategies for preventing and treating childhood obesity

Nashville, TN – According to the Center for Disease Control in Atlanta, one out of every five children in the United States is severely overweight, impacting nearly half the families across the country. A growing cause of alarm for parents nationwide, the childhood obesity epidemic shows no signs of slowing.



In response, pediatrician Joani Jack, M.D. and Judy Halliday R.N. have written *Raising Fit Kids in a Fat World* (Regal Books), a new book offering facts, faith and common sense to help parents raise emotionally healthy and fit kids while preventing or treating childhood obesity.

According to the authors, if something isn't done, the results could be devastating. "This generation of children faces a future of unprecedented medical consequences related to obesity. Diseases previously seen only in adults, such as diabetes, high blood pressure, cholesterol abnormalities, and many others, are now occurring in children," Jack M.D. says. How did it get to this point?

"Society encourages us to do whatever we want, whenever we want, and to stop whenever want. As the world around us pursues a feel-good lifestyle, our health is suffering. Quick fixes work for a short time and then trigger an inevitable breakdown," Halliday R.N. says. *Raising Fit Kids in a Fat World* doesn't advocate diets or quick fixes; it's a holistic lifestyle change.

The authors outline the three core concepts of healthy eating: portion control, nutritional meals and regular exercise. They emphasize the importance of listening to natural body cues of hunger and satisfaction. Going beyond simple diet books, the authors address the spiritual, emotional, mental and physical needs of children. Parents and families will learn:

- Hunger and fullness: When to start and stop eating
- The importance of having dinner together as a family
- How to recognize the inner needs of your child
- How table manners teach your kids life-long lessons
- How parents and kids are influenced by America's "super-sized" culture
- Increasing your child's physical activity level
- How your family's "clean your plate rule" might be damaging your child's relationship with food and setting them up for unhealthy eating habits

Raising Fit Kids in a Fat World is a diet-free, time-tested and faith-based approach toward raising a child who is not only fit on the outside, but joyful on the inside.

About *Raising Fit Kids in a Fat World*:

Raising Fit Kids in a Fat World by Judy Halliday and Joani Jack. Published by Regal Books. January 2008. Hardcover, 224 pages. \$19.99. ISBN: 978-0830745340

Startling Statistics

Adapted from *Raising Fit Kids in a Fat World*

“From 1963 to 2002, the number of overweight children aged 6 to 19 quadrupled. Children who are overweight or obese now represent 30 percent of those aged 6 to 9, and 20 percent of 2- to 5-year olds.” (Page 36)

Source: A.A. Hedley, C.L. Ogden, C.L. Johnson, et al, “Overweight and Obesity Among US Children, Adolescents, and Adults 1999-2002,” *JAMA*, vol. 291 (2004), pp. 2847-2850.

“A recent study indicates that a significant percentage of young children exceed the weight maximum for their car seat, with few, if any, appropriate alternatives.” (Page 36)

Source: Lara Trifiletti, Wendy Shields, et al, “Tipping the Scales: Obese Children and Child Safety Seats,” *Pediatrics*, vol. 117, no. 4 (2006), pp. 1197-1202.

“Cardiovascular disease is being manifested at younger and younger ages, and Type 2 diabetes is now seen in children as young as 6 years of age. Other problems include fatty liver, gallstones, sleep apnea, and bone and joint problems.” (Page 36)

Source: William H. Dietz, “Health Consequences of Obesity in Youth: Childhood Predictors of Adult Disease,” *Pediatrics*, vol. 101 (1998), pp. 518-525.

“In additional, overweight children suffer from low self-esteem and social isolation, and are at higher risk for psychological disorders such as depression and oppositional-defiant disorder.” (Page 36)

Source: S. Mustillo, C. Worthman, A. Erkanli, et al, “Obesity and Psychiatric Disorder: Developmental Trajectories,” *Pediatrics*, vol. 111, no. 4 (2003), pp. 851-859.

“Life in America has moved into the ‘fast lane,’ and with it, the amount of food consumed is completely out of control. Portion sizes have sky-rocketed in the past 40 years. Cookies now exceed USDA standards by a whopping 700 percent and cooked pasta by 480 percent.” (Page 40)

Source: L. Young and M. Nestle, “The Contribution of Expanding Portion Sizes to the US Obesity Epidemic,” *American Journal of Public Health*, vol. 92, no. 2 (2002), pp. 246-249.

“Consistent activity is really good for us! Regular exercise reduces the risk of heart disease, Type 2 diabetes, obesity, osteoporosis, breast cancer and colon cancer.” (Page 121)

Source: B. Marcus, D. Williams, P. Dubbert, et al, “Physical Activity Intervention Studies: What We Know and What We Need to Know,” *Circulation*, vol. 114 (2006), pp. 2739-2752.

“Physical activity also improves self-esteem and decreases anxiety and depression due to the release of endorphins, the ‘feel good’ hormones from the brain that lift our spirits.” (Page 121)

Source: K.J. Calvas and W.C. Taylor, “Effects of Physical Activity on Psychological Variables in Adolescents,” *Pediatric Exercise Science*, vol. 6 (1994), pp. 406-423.

About Dr. Joani Jack

Coauthor of *Raising Fit Kids in a Fat World*

Dr. Joani Jack is a pediatrician with special interests in childhood obesity, developmental pediatrics and ADHD. After over 12 years in private practice, she currently practices in the teaching program at T.C. Thompson Children's Hospital in Chattanooga, TN, where she treats patients and helps train pediatric residents through the University of Tennessee College of Medicine. She particularly enjoys teaching and interacting with young parents.



Joani attended Carson-Newman College in Jefferson City, TN, and received her medical degree from the University of Tennessee College of Medicine in Memphis, TN. She completed her pediatric specialty training at the Chattanooga unit of the University of Tennessee, and served an additional year as the pediatric chief resident.

Joani and her husband, Mike, have two beautiful daughters, Jessica, age 13, and Gracie, age 7. She is a member of the Signal Mountain Presbyterian Church, where she enjoys participating in her ladies' small group, teaches adult Sunday School classes, and is a guest speaker in the children's ministry.

She enjoys all sports, playing the piano, reading, bicycling and gardening. She gets the most enjoyment from being with her family, and considers her highest calling from God to be a wife and a mother.

About Judy Wardell Halliday

Coauthor of *Raising Fit Kids in a Fat World*

Judy Wardell Halliday, R.N., is a registered nurse with a specialty in Psychiatry. She is the co-founder of the Thin Within, a ministry that she started in 1975 that offers a diet-free, faith-based and grace-oriented approach to weight loss without calorie counting or food restrictions. She co-authored the books *Thin Within*, *Get Thin Stay Thin*, and *Raising Fit Kids in a Fat World*.

Judy volunteers at the Community Pregnancy Center in Mountain View, California, is a counselor, and serves as a deacon at the Peninsula Bible Church. Judy and her husband Dr. Arthur Halliday co-authored the bestselling book *Thin Within*, and *Get Thin, Stay Thin: a biblical approach to food, eating and weight management*. She and her husband have three children and four grandchildren.



For an interview with Joani Jack or Judy Halliday, contact Ben Laurro at Pure Publicity at 818.753.4056 or Ben@purepublicity.com.

Suggested Interview Questions

Raising Fit Kids in a Fat World

1. How do you define childhood obesity?
2. How significant is the obesity epidemic in our culture today? How has this happened?
3. What are the mixed messages parents often receive about childhood obesity?
4. How has the “super sized” culture and a “fast-food nation” mentality impacted our parents and children?
5. How have cultural values such as shortcuts, instant gratification and success at any cost impacted our kids and parents?
6. How can parents help their children know when and when not to eat? How to recognize hunger and fullness?
7. You write about the three core concepts of healthy eating, including portion control, nutritional meals and regular exercise. What are practical ways for parents to implement these concepts to their families?
8. How important is exercise regarding the childhood obesity epidemic?
9. How risky is putting children on diets? Can diets go overboard? Do they ever work?
10. In your book you mention the “sense” approach to proper childhood development, “science sense,” “common sense” and “God sense.” Could you explain this approach?
11. What are some of the obstacles parents face in achieving behavioral changes in a child?
12. What are the major circumstances that can affect a child’s weight?
13. What is heart hunger and what role can it play in a child's unhealthy eating habits?
14. How can parents identify if their child has a health problem or is on the path to obesity?
15. How can parents address the inner needs of their child?
16. You write about two health model goals, the young child and the naturally thin adult. Could you explain these models?

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The Principles of Raising Fit Kids

By Joani Jack M.D. or Judy Halliday R.N.

Adapted from *Raising Fit Kids in a Fat World*

Hunger and satisfaction

One of the greatest challenges that children (and adults) face in our culture is eating the right amount of food. It's fairly obvious that children who are overweight need to eat less. But how? By counting points, restricting calories, or calculating the glycemic load? The Fit Kids method offers a refreshing and effective alternative by teaching children to eat less and attain a healthy, fit size without being on a rigid diet.

To help children learn how much to eat, we utilize two models: the young infant who instinctively knows when and how much to eat, and the naturally thin adult who maintains a healthy, God-ordained size by consistently eating only that which the body requires. As we explore these models, parents will begin to appreciate the miracle of the human body. Our bodies are not perfect, but the basic design is amazing. As a child learns to recognize and respond to the God-given cues of hunger and satisfaction, he will begin eating the right amount of food.

The Three Senses

Raising Fit Kids in a Fat World is based on a threefold approach called the “three senses” common sense and God’s sense—which are woven throughout the book.

Science sense means sharing medical facts that are available from the leading experts in the field of obesity, studies from current medical literature, and our clinical experience in counseling and treating patients. In Medical Moments, we discuss the latest findings pertaining to specific issues.

Common sense utilizes time-tested principles that directly apply to day-to-day life situations. Our Common Sense Corner is a place to “be real” and will teach parents to raise a fit kid in the midst of a crazy, hectic, confusing world.

God’s sense is the foundation that underlies everything. It is ultimate truth put into place by God our Creator, demonstrated to us by Jesus, explained to us through His divinely inspired Word and whispered to us through the Holy Spirit. Throughout the book, Spirit Moments will offer a godly perspective on many different situations.

The three senses are complementary, not contradictory. When woven together, they form a threefold bond of incredible strength and durability that parents and children can rely on throughout their journey toward better health.

The Fit Kids Triangle

The Fit Kids Triangle gives parents a three-pronged attack to help their child achieve her natural, God-ordained size. We will first focus on teaching your child to eat the **right amount** of food by learning to recognize your child’s internal signals of hunger, satisfaction and fullness. Children who are overweight will begin to eat less food and, as a result, will gradually attain their appropriate, God-intended size. Children who are a normal weight will simply remain so and avoid the epidemic of inappropriate weight gain that is sweeping our nation. Your child will also learn to eat the **right types** of food by learning to choose and enjoy wise choices. We will dispel many myths associated with nutrition and look at what the medical community has to say regarding how different foods affect the body. And you and your family will learn to **be active** on a daily basis, allowing your child to drop any excess weight, improve cardiovascular health and be the fit kid that he surely wants to be.

Heart Hunger

As parents learn more about hunger and satisfaction, it will become obvious that we often use food not to satiate physical hunger, but to meet emotional needs. We used to be taught, “When life hands you lemons, make lemonade!” Now, we are more likely to hear, “When life hands you lemons, you owe it to yourself to eat an entire lemon pie!” Learning to deal with emotional needs in a manner that does not involve food is one of our most important challenges. When faced with difficulties—or when celebrating success—children can learn to turn to God, rather than to food, to meet their innermost longings.

Teaching your child to turn to God for help with everything from the daily hassles to the life-altering catastrophes allows your child to experience God’s many faces: friend, confidant, counselor, rescuer and savior. God cares about every detail of our lives, listens to our every word and loves to be in relationship with you and your child. In fact, that’s the reason He created each and every one of us. As parents and children address the “God-shaped hole” that exists within each of us and draw near to God, everything else in life will begin to fall into place.

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