

Prevention of childhood obesity in the context of family

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The increasing prevalence of childhood obesity is a serious problem in Taiwan. Preventing inappropriate weight gain is a better strategy for maintaining a healthy weight than is losing weight, since it is difficult to lose weight once it is gained. The home environment has been identified as a key influence on the diet, physical activity and life style of children. This paper reviews the role of both the physical and social environment of the home on childhood obesity: (1) Physical environment: food availability, home meal/eating with family members, amenities for physical activity or life style; (2) social environment: parents' role modeling, family relationships and parenting. After reviewing the relevant literature, the author makes recommendations for preventing childhood obesity focused on the home environment. (*Taiwan J Public Health*. 2014;33(1):5-22)

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