

CONTENTS

Acknowledgments	vii
Introduction	xi

PART ONE

The Coming Catastrophe

1. Young Faces, Adult Problems	3
2. The Perfect Storm	12
3. How Did We Get into This Mess?	26
4. There's Still Time	40

PART TWO

Taking Kids from Fat to Fit

5. The Family Business	55
6. The Crucial Importance of R.E.S.T.	80
7. From Boob Tube to Mean Screen	93
8. Get Up, Get Out, Get Fun, Get Fit	112
9. Overfed and Undernourished	131
10. Gearing Up for Healthy Family Meals	159

PART THREE

Carry the Torch Beyond the Front Porch

11. Be Part of the School Solution	187
12. Bring Unity to the Community	210
13. Battle of the Bulge on the Statehouse Steps	222
Epilogue: A Good-News Ending	239
Appendix A: A Thirty-Minute Assessment of Your Child's SuperSize Status	243

Appendix B: An Eight-Week Plan: Reduce the SuperSize Threat to Your Family	265
Appendix C: Body Mass Index (BMI) for Children and Teens	277
Appendix D: 50 Ways to SuperSize Your Kids	283
Endnotes	287