



New Book, *Fed Up! Winning the War Against Childhood Obesity*, Offers Advice for Parents with Overweight Children

Developing and publishing a book on preventing obesity in children and youth

SUMMARY

Susan Okie, MD, in collaboration with staff of the [Institute of Medicine](#) (IOM) of the National Academy of Sciences, wrote a book called *Fed Up! Winning the War Against Childhood Obesity* (2005). The book provides strategies for protecting children and improving their exercise and eating habits.

Key Results

Fed Up! Winning the War Against Childhood Obesity (2005) provides specific strategies for protecting children and improving their exercise and eating habits.

A review in the *Washington Post* said: "[*Fed Up!*] concludes by offering thoroughly sound and detailed solutions to an exasperating problem. ... A must-read for parents whose children are overweight—or who hope to avoid the problem." (March 13, 2005)

Readers can order the book or download the book for a fee [online](#). The cost ranges from \$12.50 for a PDF to \$27.95 for the hardback book.

By June 2006, the National Academies Press, publisher for the National Academies (including the IOM, under its imprint, Joseph Henry Press), had sold over 4,500 copies of the book.

The IOM contributed approximately \$40,000 toward the book.

Funding

The Robert Wood Johnson Foundation (RWJF) provided \$40,000 for this *unsolicited* project from 2004 to 2005.

Prepared by: Elizabeth Heid Thompson

Reviewed by: Martha Fay and Molly McKaughan

Program Officer: Jeane Ann Grisso

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BIBLIOGRAPHY

(Current as of date of the report; as provided by the grantee organization; not verified by RWJF; items not available from RWJF.)

Books

Okie S. *Fed Up! Winning the War Against Childhood Obesity*. Washington: Joseph Henry Press, 2005. Available to download or purchase in hardcover [online](#).