

metabolism, dyslipidemia, and abdominal obesity) in the future (Weiss, Bremer, and Lustig, 2013) (Fig. 1-1). The US Department of Health and Human Services (2013a) suggests that nurses focus on prevention strategies to reduce the incidence of overweight children from the current 20% in all ethnic groups to less than 6%. Emphasis is not on preventive strategies that start in infancy and even in the prenatal period. Lifestyle interventions show promise in preventing obesity and decreasing occurrence if targeted at children 6 to 12 years old (Martin, Saunders, Shenkin, et al, 2014; Waters, de Silva-Sanigorski, Hall, et al, 2011).



FIG 1-1 The American culture's intake of high-caloric, fatty food contributes to obesity in children.

Childhood Injuries

Injuries are the most common cause of death and disability to children in the United States (Centers for Disease Control and Prevention, 2013) (Table 1-1). Mortality rates for suicide, poisoning, and falls rose substantially over the past decade. Suicide has surpassed motor vehicle accidents (MVAs) as the leading cause of injury mortality (Rockett, Regier, Kapusta, et al, 2012). Other unintentional injuries (head injuries, drowning, burns, and firearm accidents) take the lives of children every day. Implementing