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Report: Other Factors for Childhood Obesity

A respected medical panel is urging pediatricians not to focus only on height and weight in determining whether a child is too fat.

Leading groups of family doctors and pediatricians endorse routine screening using the height-weight ratio of the body-mass index.

But there's no evidence that all children with high BMIs need to lose weight to be healthy -- and there's no evidence that pediatricians' weight counseling results in weight loss and better health, according to a report from the U.S. Preventive Services Task Force, a non-governmental panel of researchers.

The report comes amid growing concern over how to stem the nation's rising obesity. Some 15 percent of U.S. schoolchildren are estimated to be obese, and 30 percent are believed to be overweight.

BMI can be fairly effective at identifying children who likely have weight problems, said task force member Dr. Virginia Moyer.

But it can't determine if body mass is mostly fat or lean tissue, and not all children with high BMIs need to lose weight, said Moyer, a pediatrics professor at the University of Texas Health Science Center in Houston.

She recommended doctors investigate rapid increases in weight that are not accompanied by increases in height. "The weak link is we don't know what to do about it," she said in a

telephone interview.

The report "should be read as a call to action for the pediatric scientific community," Moyer and other task force members said in an article accompanying the report in July's *Pediatrics*, published Tuesday.

The article says more conclusive research is needed into what works to identify and treat overweight children in a doctor's-office setting.

Dr. Nancy Krebs, co-chair of an American Academy of Pediatrics' obesity panel, said some pediatricians might misinterpret the report and give up fighting the obesity epidemic, figuring there's nothing they can do to help.

"The report doesn't say the BMI is not useful. It concludes that the evidence isn't there yet to say whether or not it is," said Krebs, a pediatrics professor at the University of Colorado Health Sciences Center.

While the report notes it will take more than doctor visits to fight childhood obesity, it suggests pediatricians have the community stature to help lobby for changes that could help.

Those include schools requiring more physical activity and changes in community land use to create more exercise space, said Dr. Evelyn Whitlock, of Portland, Oregon, who led a research group that prepared background information for the task force report.



Harvest Blend Regular

- Baby Red Beets
- Jumbo Carrots
- Leeks
- Roma Tomatoes
- Spinach
- Romaine Lettuce
- Haas Avocado
- Cucumber
- Westley Apricots
- Blueberries
- Kay Pearl Nectarines
- Ruby Seedless Grapes
- Green Wickson Plums

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

You Don't Say

"Inhabitants of underdeveloped nations and victims of natural disasters are the only people who have ever been happy to see soybeans." - Fran Lebowitz, writer

"When we lose, I eat. When we win, I eat. I also eat when we're rained out." - Tommy Lasorda, L.A. Dodgers Manager

"Non cooks think it's silly to invest two hours' work in two minutes' enjoyment; but if cooking is evanescent, well, so is the ballet." - Julia Child, chef



Recipes

Sweet and Sour Tofu

- 1 lb tofu, firm
- 1/2 cup soy sauce
- 1 tbsp garlic, minced
- 2 tbsp ginger, minced
- 1/4 cup flour, plus more for dredging
- 1/4 cup cornstarch
- 1 1/2 cups ketchup
- 1/2 cup sugar
- 1 cup red wine vinegar
- 1/4 cup honey
- 1 tbsp canola oil
- 1 tbsp sesame oil
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1 cup pineapple cubes
- kosher salt & pepper
- vegetable oil



Drain the tofu, slice each brick lengthwise into 4 equal pieces and set on a baking sheet lined with paper towels. Place more paper towels on top, cover with second baking sheet, and weight with cans of food. Set aside for 30 minutes for towels to soak up the tofu's excess moisture. Cut into 2 inch cubes and place in mixing bowl. In a second bowl, combine soy sauce, garlic, 1 tbsp of ginger, flour and cornstarch. Pour over tofu and allow to marinate, refrigerated, overnight.

The next day, dredge the tofu in flour seasoned with salt and pepper. Heat vegetable oil in a skillet to 350F and fry the tofu until golden brown on all sides. In another bowl, combine ketchup, sugar, vinegar and honey and mix to blend.

In a small roasting pan over medium heat, heat canola and sesame oils. Sauté the remaining ginger in the oil for 30 seconds then add the vegetables and pineapple. Raise the heat to high. Add the tofu and pour in as much sauce as desired. Bring to a simmer and cook until the sauce is bubbling and has a nice shine.

Baby Beet Salad with Oranges and Red Onion

- 1 bunch baby beets, tops removed
- 2 sweet oranges
- 1/4 small red onion, thinly sliced
- 10 mint leaves, coarsely chopped
- salt and pepper
- extra-virgin olive oil

Place the beets, unpeeled, in a foil-lined baking dish. Cover with more foil and seal the edges of the top and bottom layers of foil to completely enclose the beets. Place them in a 400 degree oven and bake for approximately 20 minutes or until the beets are tender when pierced with a sharp paring knife.

While the beets are baking peel the oranges. First cut a thin slice

from the top and bottom of the orange so that it can sit firmly on the countertop. Using a sharp paring knife cut the peel and pith off with sawing downward strokes so that the orange is completely peeled. Cut the individual sections out from the membranes. Place in a mixing bowl together with the onion and mint.

When the beets are tender hold them under running water and slip the skins off. Trim the stem end, then cut them in half and then into slices. Add the beet slices to the bowl with the oranges. Season with salt and pepper to taste than drizzle the olive oil over to taste. Toss to mix. Can be served immediately or allowed to marinate up to 2 days.

Crab Potato Beet Salad

- 1 medium fennel bulb
- 1 bunch baby beets
- 1/2 lb potatoes, sliced
- 1 cup mayonnaise
- 2 tsp Dijon mustard
- juice of one lemon
- 1/2 cup red onion, minced
- 2 tbsp horseradish
- 1 tsp garlic, minced
- 1 tbsp parsley, chopped
- 1 tbsp tarragon, chopped
- 1 lb lump crab meat
- 1 stalk celery, cut into thin rings
- olive oil
- salt and pepper

Preheat the fryer. Preheat the oven to 400 degrees. In a mixing bowl, toss the fennel with the olive oil, salt and pepper. Place on a small baking sheet and roast until caramelized, about 30 minutes. Remove from the oven and cool.

Place the beets in a saucepan and cover with water. Season with salt and pepper. Bring the liquid to a boil, reduce the heat to medium and cook until tender, about 8 to 10 minutes. Drain and cool in an ice bath. Remove and drain on paper towels. Slice the beets in half. In another shallow bowl, toss the beets with olive oil, salt and pepper. Set aside.

Place the potatoes in a saucepan, over medium-high heat and cover with water. Season with salt. Bring the water to a boil, reduce heat the medium and simmer until tender, about 4 to 6 minutes. Drain and cool in an ice bath. Remove and dry on paper towels. Toss the potatoes with olive oil, salt and pepper. Set aside.

In a mixing bowl, combine the mayonnaise, mustard, lemon juice, onions, horseradish, garlic, parsley, and tarragon. Mix until fully incorporated. Season with salt and pepper. Add the crabmeat and mix well. Season with salt and pepper. Fry the celery slices until golden brown. Remove and drain on paper towels. Season with salt and pepper.

To serve, fan the slices of potatoes in the center of each serving plate. Mound the crab salad in the center of the potatoes. Place the beets and fennel around the salad. Garnish the top of the crab salad with the fried celery chips. Garnish with parsley.