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CHILDHOOD OBESITY FAMILY TREATMENT AND PREVENTIVE WORK IN HEALTH CARE MUST HAVE A CLEAR REALISTIC SOLUTION-FOCUSED GOAL AND GUIDELINES FOR HEALTH PROFESSIONALS

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By the year 2020 more than 60 million children under the age of five years were globally estimated being overweight or obese. Health professionals have good opportunities to give obese families advice and support, but health professionals describe difficulties in their practical work. They often experienced insecurity in their own profession, where more education was desired how to communicate with obese children/teenager and their parents. Health professionals also find them self-more tolerant to obesity and bad lifestyle because they want to avoid a conflict with children and their parents. Attitude, respect for individual's needs, integrity and influence are very important in any change of life style. It is not enough to use care measures recommended of scientific studies because they also must be useful in practical clinical settings and be useful for the obese patients. The author will present some ideas/case studies that might get useful.

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