

reviews for teen obesity book taken from rear cover of book

" I am thrilled with Dr Fibkins timely book, Teen Obesity. The depth of the problem is explained and explored with a sense of clarity as well as passion.....I highly recommend this comprehensive and inclusive guide for the general public as well as school administrators."

Thomas Heinegg, principal, Northport Middle School, Northport, NY

" At last someone suggests a family partnership to address the shame of obesity which besets too many children. Dr. Fibkins positions schools as the lead actor on this issue. Families struggling to overcome generational patters of food abuse need support to improve the health of their children."

Suzzanne Y. Jones, executive director, Single Parent Resource Center

" Dr. William Fibkins maps out a low-cost budget plan in which school personnel actively promotes a 'Circle of Wellness' in which stakeholders work together to create conditions so that all students are provided with with the 'tools' of healthy living and are tuaght the skills that will help them maintain lifelong wellness. Dr. Fibkins illuminates the problem of teenage obesity and then he weaves a thoughtfully crafted solution to this very serious problem."

Sharon I. Byrdsong, principal, Azalea Gardens Middle School, Norfolk, VA, and National Association of Secondary School Principals ( NASSP) principal of the year

" As a school nurse working in secondary schools, I see overweight students on a daily basis....Teen Obesity: How Schools Can Be the Number One Solution to the Problem by William

Fibkins will be a valuable resource for educators and parents in addressing this national problem."

Lyn Langdon, RN, MSN, Issaquah School District, Washington

" Fibkins proposes a Circle of Wellness model for schools that includes an intervention effort to promote a health-oriented cafeteria, increased physical activity, healthy levels of blood pressure, cholesterol and blood sugar, life-skills training offered by counselors, outreach to parents and easy access and referral to community health, mental health, and recreation resources. Teen Obesity will be of interest to administrators, teachers, and parents."

Publisher quote on back page cover.