immediate skin-to-skin contact between mother and newborn, and initiation of exclusive breastfeeding. This book illustrates that these three practices can be feasibly and safely implemented together for the benefit of both mother and infant. The target audience is health practitioners attending deliveries in health facilities as well as decision makers who are responsible for establishing public health policy in the realm of maternal and newborn care.

**GUIDING PRINCIPLES FOR COMPLEMENTARY FEEDING OF THE BREASTFED CHILD**

Poor breastfeeding and complementary feeding practices, coupled with high rates of infectious diseases, are the principal proximate causes of malnutrition during the first two years of life. This publication is a compilation of guidelines designed to provide caregivers with appropriate direction regarding optimal feeding of infants and young children.

**OBESITY AND POVERTY: A NEW PUBLIC HEALTH CHALLENGE**

“The editors have assembled an impressive range of authors, whose contributions provide strong motivation for addressing this important public health challenge [...] an invaluable and most welcome publication.”

—Obesity Newsletter, International Association for the Study of Obesity

Obesity and Poverty: A New Public Health Challenge is an essential source for understanding the new face of poverty in the Americas. This recent examination of the prevalence of overweight and obesity in Latin American and Caribbean countries looks at these conditions’ medium- and long-term harmful consequences and explores their implications for planning public health interventions.

The book analyzes how the Region’s countries experience the nutritional transition process that is under way worldwide, a process that is tied to the global demographic and epidemiological transition. In this context, the increase in obesity and overweight observed in Latin America and the Caribbean coexists with a risk factor that differs from traditional risk factors seen in developed countries—the persistence or the increase of inequalities and inequities in health.

The Pan American Health Organization offers this publication to the general public and to researchers, students, communicators, and politicians involved in planning and executing activities designed to promote the population’s health and well-being.

This book is an important contribution that should be of particular interest to practitioners, researchers, and decision makers in the fields of health promotion, community education, nutrition, maternal and child health, physical activity, policy development in public health and urban planning, social communications, and other related areas.

**NUTRITION AND AN ACTIVE LIFE: FROM KNOWLEDGE TO ACTION**

“[Nutrition, Health] is an excellent book. It should be in every medical library in the developing world…well-written, scientifically informative without being full of technical jargon…not only helpful but also an inspiration.”

—Transactions of the Royal Society of Tropical Medicine and Hygiene

Nutrition and an Active Life: From Knowledge to Action is an anthology by leading public health experts from PAHO and the international development community. The book’s selections focus on how research in nutrition and the promotion of active lifestyles can provide vital input for the creation of public policy and planning for the design, implementation, monitoring, and evaluation of programs.
psychosocial stimulation, as well as interventions in later childhood, such as school feeding and deworming programs. The authors focus on children in less developed countries, but the material also touches on the problems of the many children in developed countries who are at risk of similar conditions as the ones addressed here.

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