



# **Joint U.S.-Mexico Workshop on Preventing Obesity in Children and Youth of Mexican Origin: Summary**

*Food and Nutrition Board, Institute of Medicine*

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The Joint U.S.-Mexico Workshop on Preventing Obesity in Children and Youth of Mexican Origin was initiated by a desire to share experiences regarding the problem of obesity in children and youth of Mexican origin on both sides of the border, with a particular focus on potential solutions. U.S and Mexican researchers, public health officials, industry leaders, and policy-makers engaged in valuable dialogue to share perspectives, challenges, and opportunities. Commonalities and differences in the United States and Mexico regarding risk factors, potential interventions and programs, and need for all sectors to collaborate and make progress toward solving this serious public health problem were also discussed. This dialogue served as a basis to explore a bi-national agenda for addressing this epidemic, which was the ultimate goal of the workshop.

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