

Obesity Paper

There is an urgent need to better understand the causes and consequences of obesity, and to learn what works to prevent or reduce obesity. This volume accurately and conveniently summarizes the findings and insights of obesity-related research from the full range of social sciences including anthropology, economics, government, psychology, and sociology. It is an excellent resource for researchers in these areas, both bringing them up to date on the relevant research in their own discipline and allowing them to quickly and easily understand the cutting-edge research being produced in other disciplines. The Oxford Handbook of the Social Science of Obesity is a critical reference for obesity researchers and is also valuable for public health officials, policymakers, nutritionists, and medical practitioners. The first section of the book explains how each social science discipline models human behavior (in particular, diet and physical activity), and summarizes the major research literatures on obesity in that discipline. The second section provides important practical information for researchers, including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research. The third part of the book synthesizes social science research on specific causes and correlates of obesity, such as food advertising, food prices, and peers. The fourth section summarizes social science research on the consequences of obesity, such as lower wages, job absenteeism, and discrimination. The fifth and final section reviews the social science literature on obesity treatment and prevention, such as food taxes, school-based interventions, and medical treatments such as anti-obesity drugs and bariatric surgery.

This report issues a call for urgent action to combat the growing epidemic of obesity, which now affects developing and industrialized countries alike. Adopting a public health approach, the report responds to both the enormity of health problems associated with obesity and the notorious difficulty of treating this complex, multifactorial disease. With these problems in mind, the report aims to help policy-makers introduce strategies for prevention and management that have the greatest chance of success. The importance of prevention as the most sensible strategy in developing countries, where obesity coexists with undernutrition, is repeatedly emphasized. Recommended lines of action, which reflect the consensus reached by 25 leading authorities, are based on a critical review of current scientific knowledge about the causes of obesity in both individuals and populations. While all causes are considered, major attention is given to behavioural and societal changes that have increased the energy density of diets, overwhelmed sophisticated regulatory systems that control appetite and maintain energy balance, and reduced physical

activity. Specific topics discussed range from the importance of fat content in the food supply as a cause of population-wide obesity, through misconceptions about obesity held by both the medical profession and the public, to strategies for dealing with the alarming prevalence of obesity in children. The report has eleven chapters presented in five parts. Part one, which assesses the magnitude of the problem, explains the system for classifying overweight and obesity based on the body mass index, considers the importance of fat distribution, and provides an overview of trends in all regions of the world, concluding that obesity is increasing worldwide at an alarming rate. Chapters in part two evaluate the true costs of obesity in terms of physical and mental ill health, and the human and financial resources diverted to deal with these problems. Specific health consequences discussed include increased risk of cardiovascular disease, cancer, and other noncommunicable diseases, endocrine and metabolic disturbances, debilitating health problems, and psychological problems. The health benefits and risks of weight loss are also assessed. Part three draws on the latest research findings to consider specific factors involved in the development of overweight and obesity. Discussion centres on factors, such as high intakes of fat, that may disrupt normal physiological regulation of appetite and energy balance, and the role of dietary factors and levels of physical activity. In terms of opportunities for prevention, particular attention is given to the multitude of environmental and societal forces that adversely affect food intake and physical activity and may thus overwhelm the physiological regulatory systems that keep weight stable in the long term. The possible role of genetic and biological susceptibility is also briefly considered. Against this background, the fourth and most extensive part maps out strategies for prevention and management at both the population and individual levels. Separate chapters address the need to develop population-based strategies that tackle the environmental and societal factors implicated in the development of obesity, and compare the effectiveness of current options for managing overweight or obese individuals. Specific strategies discussed include dietary management, physical activity and exercise programmes, behaviour modification, drug treatment, and gastric surgery. While noting striking recent progress in the development of drug treatments, the report concludes that gastric surgery continues to show the best long-term success in treating the severely obese. The final part sets out key conclusions and recommendations for responding to the global obesity epidemic and identifies priority areas where more research is urgently needed. "... the volume is clearly written, and carries a wealth of summary information that is likely to be invaluable for anyone interested in the public health aspects of obesity and fatness, be they students, practitioner or researcher." - Journal of Biosocial Science

Essay from the year 2016 in the subject Health - Nursing Science - Adjacent

fields, grade: 4, , language: English, abstract: Obesity is one of the significant health issues facing American children. Over the past twenty years, childhood obesity has been prevalent due to unhealthy meals both at school and in homes. Notably, children spend most of the time at school and consume about 50% of their daily meals at school through federally-aided meal programs. This means that schools can play a key role to enhance children's health and should be a primary setting to minimize the issue of obesity. The objective of this paper is to discuss the existing policies or legislation in progress for schools to prevent childhood obesity. The paper will also examine the impact of the policy on the nursing practice, the legislators involved, the role of the APRN, and how it facilitates the best outcomes

The contemporary successor to the editors' earlier *Obesity: Theory and Therapy*, this comprehensive handbook guides mental health, medical, and allied health professionals through the process of planning and delivering individualized treatment services for those seeking help for obesity. Concise, extensively referenced chapters present foundational knowledge and review the full range of widely used interventions, including self-help, behavioral, and cognitive-behavioral approaches; pharmacotherapy; and surgery. Provided are state-of-the-art guidelines for assessing obese individuals for health risks and for mood and eating disorders; treatment algorithms for tailoring interventions to the severity of the client's problem; details on adjunctive interventions for improving body image and self-esteem; recommendations for working with child clients; and much more. *White Paper on a Strategy for Europe on Nutrition, Overweight and Obesity Related Health Issues*

White Paper

Obesity Epidemiology

The Medical Practitioner's Essential Guide

EU Law and Obesity Prevention

A White Paper

The global obesity epidemic is arguably the most serious health issue facing the food industry today. Food manufacturers are under increasing pressure over both the degree to which they are seen as contributing to the problem, and the role they should play in solving it. Drawing on the expertise of many of the world's leading experts in this area, *Food, diet and obesity* summarises the key research on the links between obesity and diet. Topics discussed include trends in obesity, the evidence behind popular diets and meal replacers, the effectiveness of fat and sugar replacers in food, emerging issues such as the value of the glycemic index, protein content and calcium in weight control, and potential functional food targets and ingredients for weight control. After an introductory chapter on

global trends in obesity, part one looks at the range of contributing factors to obesity, from nutrient-gene interactions, energy metabolism and physical activity to sensory responses to food, portion size and the psychology of overeating. Part two looks at macronutrients and their role in weight gain or loss, with chapters on topics such as energy density, dietary fat, carbohydrates, protein and dietary fibre. The final part of the book discusses issues in developing effective strategies for weight control, from gaining consumer acceptance of weight-control food products, through functional food ingredients, to community-based public health approaches in preventing obesity. With its distinguished editor and contributors, Food, diet and obesity is a standard work for health professionals, nutritionists and R&D staff throughout the food industry, as well as all those concerned with understanding and reducing obesity. Summarises key research which links diet and obesity Trends in obesity are examined Contributory factors to obesity are investigated, including lifestyle and genetics Our nation stands at a crossroads. Today's epidemic of overweight and obesity threatens the historic progress we have made in increasing American's quality and years of healthy life. Two-third of adults and nearly one in three children are overweight or obese. In addition, many racial and ethnic groups and geographic regions of the United States are disproportionately affected. The sobering impact of these numbers is reflected in the nation's concurrent epidemics of diabetes, heart disease, and other chronic diseases. If we do not reverse these trends, researchers warn that many of our children—our most precious resource—will be seriously afflicted in early adulthood with medical conditions such as diabetes and heart disease. This future is unacceptable. The Surgeon General asks you to join me in combating this crisis. Every one of us has an important role to play in the prevention and control of obesity. Mothers, fathers, teachers, business executives, child care professionals, clinicians, politicians, and government and community leaders—we must all commit to changes that promote the health and wellness of our families and communities. As a nation, we must create neighborhood communities that are focused on healthy nutrition and regular physical activity, where the healthiest choices are accessible for all citizens. Children should be having fun and playing in environments that provide parks, recreational facilities, community centers, and walking and bike paths. Healthy foods should be affordable and accessible. Increased consumer knowledge and awareness about healthy nutrition and physical activity will foster a growing demand for healthy food products and exercise options,

dramatically influencing marketing trends. Hospitals, work sites, and communities should make it easy for mothers to initiate and sustain breastfeeding as this practice has been shown to prevent childhood obesity. Working together, we will create an environment that promotes and facilitates healthy choices for all Americans. And we will live longer and healthier lives. In the 2001 Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, former Surgeon General David Satcher, MD, PhD, warned us of the negative effects of the increasing weight of our citizens and outlined a public health response to reverse the trend. Although we have made some strides since 2001, the prevalence of obesity, obesity-related diseases, and premature death remains too high. The Surgeon General is calling on all Americans to join in a national grassroots effort to reverse this trend. Plans include showing people how to choose nutritious food, add more physical activity to their daily lives, and manage the stress that so often derails their best efforts at developing healthy habits. The real goal is not just a number on a scale, but optimal health for all Americans at every stage of life. To achieve this goal, we must all work together to share resources, educate our citizens, and partner with business and government leaders to find creative solutions in our neighborhoods, towns, and cities from coast to coast. Together, we can become a nation committed to become healthy and fit.

Nutrition in the Prevention and Treatment of Abdominal Obesity focuses on the important roles that exercise, dietary changes, and foods play in promoting as well as reducing visceral fat. Nutritionists, dietitians, and healthcare providers seeking to address the abdominal obesity epidemic will use this comprehensive resource as a tool in their long-term goal of preventing chronic diseases, especially heart, vascular, and diabetic diseases. Experts from a broad range of disciplines are involved in dealing with the consequences of excessive abdominal fat: cardiology, diabetes research, studies of lipids, endocrinology and metabolism, nutrition, obesity, and exercise physiology. They have contributed chapters that define a range of dietary approaches to reducing risk and associated chronic diseases. They begin by defining visceral obesity and its major outcomes; they also discuss the importance and the challenges of dietary approaches to reduce abdominal obesity, as compared to clinical approaches, with major costs and risks. Offers detailed, well-documented reviews outlining the various dietary approaches to visceral obesity with their benefits and failures. Includes chapters on types of foods, exercise, and supplements in reducing obesity and its chronic clinical companions,

especially diabetes and cardiovascular disease Helps nutritionists, dieticians, and healthcare providers approach patients in making decision about nutritional therapies and clinical treatments for abdominal obesity, from an evidence-based perspective

Nearly one out of every three adults in America is obese and tens of millions of people in the United States are dieting at any one time. This has resulted in a weight-loss industry worth billions of dollars a year and growing. What are the long-term results of weight-loss programs? How can people sort through the many programs available and select one that is right for them? Weighing the Options strives to answer these questions. Despite widespread public concern about weight, few studies have examined the long-term results of weight-loss programs. One reason that evaluating obesity management is difficult is that no other treatment depends so much on an individual's own initiative and state of mind. Now, a distinguished group of experts assembled by the Institute of Medicine addresses this compelling issue. Weighing the Options presents criteria for evaluating treatment programs for obesity and explores what these criteria mean--to health care providers, program designers, researchers, and even overweight people seeking help. In presenting its criteria the authors offer a wealth of information about weight loss: how obesity is on the rise, what types of weight-loss programs are available, how to define obesity, how well we maintain weight loss, and what approaches and practices appear to be most successful. Information about weight-loss programs--their clients, staff qualifications, services, and success rates--necessary to make wise program choices is discussed in detail. The book examines how client demographics and characteristics--including health status, knowledge of weight-loss issues, and attitude toward weight and body image--affect which programs clients choose, how successful they are likely to be with their choices, and what this means for outcome measurement. Short- and long-term safety consequences of weight loss are discussed as well as clinical assessment of individual patients. The authors document the health risks of being overweight, summarizing data indicating that even a small weight loss reduces the risk of disease and depression and increases self-esteem. At the same time, weight loss has been associated with some poor outcomes, and the book discusses the implications for program evaluation. Prevention can be even more important than treatment. In Weighing the Options, programs for population groups, efforts targeted to specific groups at high risk for obesity, and prevention of further weight gain in obese individuals get special attention.

This book provides detailed guidance on how the weight-loss industry can improve its programs to help people be more successful at long-term weight loss. And it provides consumers with tips on selecting a program that will improve their chances of permanently losing excess weight.

Preventing and Managing the Global Epidemic

Obesity Discourse and Fat Politics

Obesity

A Briefing Paper Prepared for the Health Education Authority

Research, Critique and Interventions

Understanding Obesity and Cardiovascular Disease Risks Among

Hmong-Americans

This book is the most current, comprehensive medical text focusing specifically on obesity and its related syndromes and diseases. This text takes the newest science and latest research about obesity and renders the information imminently readable and immediately useful to the medical practitioner charged with providing best practices health care for patients who are obese. In the process, this text scientifically clarifies obesity as a disease of epidemic proportions, debunks common myths about obesity, and challenges medicine's traditional and oftentimes limited view of obesity. More specifically, in *Obesity: The Medical Practitioner's Essential Guide* you will find comprehensive, accurate, science-based information about the epidemiology, biology, genetics, psychology, discrimination and prejudice, causes, and effects of obesity, as well as the latest science about obesity's related syndromes and diseases. In addition, this book provides the medical practitioner with specific best practices, including preferred methods of measurement, preferred methods of obesity screening, a system of graded interventions, a comprehensive description and analysis of various bariatric/surgical interventions, and a proposed population management strategy. This medical text focusing on obesity and its related syndromes and diseases is not only an invaluable reference source for current front line practitioners, but is an essential tool that can be used both domestically and internationally to educate all students in medical schools, nursing programs, physician assistant programs, doctor of osteopath programs, medical weight loss clinics, and any other health science programs.

There is considerable rhetoric and concern about weight and obesity across an increasing range of national contexts. Alarmist claims about an 'obesity time-bomb' are continually recycled in policy reports, reviews and white papers, each of which begin with the assumption that fatness is fundamentally unhealthy and damaging to national economies. With contributions from the UK, Canada, the USA and Australia, this book offers alternative critical perspectives on this alleged public health crisis which were, in part, developed through an Economic and Social Research Council seminar series on *Fat Studies and Health at Every Size (HAES)*. Written by scholars from a range of disciplines and the health professions, themes include: an interrogation of statistical procedures used to

construct the obesity epidemic, overweight and obesity as cultural signifiers for Type 2 diabetes, understandings of healthy eating and healthy weight in a 'problem' population, gendered expectations on men and women to lose weight, the visual representation of obesity, tensions when researching (anti-)fatness, critical dietitians' engagement with HAES, alternative ways of promoting physical activity, and representations of obesity in the media. This book was originally published as a special issue of Critical Public Health.

Obesity continues to accelerate resulting in an unprecedented epidemic that shows no significant signs of slowing down any time soon. The World Health Organization reports that in 2016, nearly 2 billion adults were overweight and that worldwide obesity has nearly tripled since 1975. Obesity: Global Impact and Epidemiology is an important tool in proving a link to new knowledge, serving researchers and clinicians. The field of obesity is evolving very quickly and there is an abundance of scientific data that has emerged and is emerging constantly. Researchers and physicians need new updated information about the epidemiology and global impact of obesity that come from authors that have a wide perspective in the field. For health professionals and researchers, there is a need to understand how obesity begins. While a simple question, the answer is very complex. Serves as a starting point for in-depth discussions in academic settings, leading to revised and updated treatment options for practicing obesity-treatment specialists Offers practical information about the methodology of epidemiologic studies of obesity Updated important source of information for clinicians and scientists in the field of obesity

Despite apocalyptic predictions from a vocal alliance of health professionals, politicians and social commentators that rising obesity levels would lead to a global health crisis, the crisis has not materialised. In this provocative follow up to his classic work of obesity scepticism, The Obesity Epidemic, Michael Gard argues that we have entered into a new, and perhaps terminal, phase of the obesity debate. Evidence suggests that obesity rates are levelling off in Western societies, life expectancies continue to rise in line with rising obesity rates, and across the world policy-makers have remained largely indifferent and inactive in the face of this apparently deadly threat to our health and well-being. Dissecting and dismissing much of the over-blown rhetoric and ideological bias found on both sides of the obesity debate, Gard demonstrates that the science of obesity remains radically uncertain and that it is impossible to establish an objective 'truth' on which to base policy. His powerful and inescapable conclusion is that we should now mark the end of the obesity epidemic. Offering a road map through the maze of claims and counter-claims, while still holding to a sceptical standpoint, this book provides an unparalleled anatomy of obesity as a scientific, political and cultural issue. It is essential reading for anybody with an interest in the science or sociology of health and lifestyle.

Advanced Nutrition and Dietetics in Obesity
A Position Paper

The Surgeon General's Vision for a Healthy and Fit Nation

Guess what's for dinner tonight? The role of packaged food and soft drinks in global obesity

The Treatment of Obesity

Global Perspectives on Childhood Obesity

This addition to the British Dietetic Association Advanced Nutrition and Dietetics book written for clinicians and researchers who work with any aspect of obesity and its co-conditions. Featuring contributions from leading researchers and practitioners from around the globe Advanced Nutrition and Dietetics in Obesity offers a uniquely international perspective on what has become a worldwide public health crisis. Chapters cover a full range of new research on the underlying drivers of obesity in populations including discussions on theoretical and clinical aspects of obesity, along with expert recommendations on how to effectively manage and prevent this chronic and persistent disease. Providing a comprehensive overview of the key literature in this field, Advanced Nutrition and Dietetics in Obesity is an invaluable resource for all those whose work should or does embrace any aspect of obesity.

To battle the obesity epidemic in America, health care professionals and policymakers need relevant, useful data on the effectiveness of obesity prevention policies and programs. The Evidence Gap in Obesity Prevention identifies a new approach to decision making and research on obesity prevention to use a systems perspective to gain a broader understanding of the context of obesity and the many factors that influence it.

This book examines the scale and characteristics of the obesity epidemic, the respective roles and influence of market forces and governments, and the impact of interventions.

Highly Commended in the 2006 British Medical Association Book Awards (Endocrinology) Second Edition brings together more than 20 internationally recognized experts in the field to provide a timely review of current knowledge. The text remains an invaluable resource for all healthcare professionals involved in the care of patients who are obese. New features in the Second Edition include: Addition of two new co-editors – Professor Bill Dietz, USA and Professor Ian Caterson, Australia Increased number of contributors from around the globe – providing a truly international perspective Includes new information about the causes of obesity, its complications and new (and novel) methods of prevention and treatment Reorganized into sections that address obesity and its social and cultural aspects, biology, associated diseases, life stages (pediatric and adult), management, and environmental and policy approaches

Fast food. Does it contribute to childhood obesity?

The Role of Schools in the Prevention of Childhood Obesity

The Role of Brain and Society on Individual Behavior

Achieving Equity and Eliminating Obesity and Diabetes Disparities Within Racial and Ethnic Populations

Behavioural Factors and Dietary Interventions

Weighing the Options

The percentage of population suffering from overweight or obesity is increasing worldwide, both in developed and developing countries, and for all subpopulations of age and gender (although data on the incidence of those problems seem to differ somewhat across sources of estimates. This paper attempts to shed some light on a specific debate: the role of consumption

of different types of packaged foods and soft drinks on obesity trends. The paper is organized as follows. First, there is a discussion of other studies on drivers of obesity that can help to better frame the analysis in this paper. Second, we present the data utilized and the econometric approach utilized. Third, we present the results. A final section concludes.

Over the years, approaches to obesity prevention and treatment have gone from focusing on genetic and other biological factors to exploring a diversity of diets and individual behavior modification interventions anchored primarily in the power of the mind, to the recent shift focusing on societal interventions to design "temptation-proof" physical, social, and economic environments. In spite of repeated calls to action, including those of the World Health Organization (WHO), the pandemic continues to progress. WHO recently projected that if the current lifestyle trend in young and adult populations around the world persist, by 2012 in countries like the USA, health care costs may amount to as much as 17.7% of the GDP. Most importantly, in large part due to the problems of obesity, those children may be the first generation ever to have a shorter life expectancy than that of their parents. Obesity Prevention presents the most current research and proposals for addressing the pandemic. Past studies have focused primarily on either genetic or behavioral causes for obesity, however today's research indicates that a strongly integrated program is the best prospect for success in overcoming obesity. Furthermore, focus on the role of society in establishing an affordable, accessible and sustainable program for implementing these lifestyle changes is vital, particularly for those in economically challenged situations, who are ultimately at the highest risk for obesity. Using studies from both neuroscience and behavioral science to present a comprehensive overview of the challenges and possible solutions, The brain-to-society approach to obesity prevention focuses on what is needed in order to sustain a healthy, pleasurable and affordable lifestyle. Explores the "brain-to-society" approach to obesity prevention, focusing on an integrative approach to addressing the obesity pandemic Presents both the neuroscientific and the behavioral factors that impact eating habits Identifies the challenges and suggests solutions for altering attitudes toward food on both an individual and a societal level

Since the 1980s, there has been an alarming increase in the prevalence of obesity in virtually every country in the world. As obesity is known to lead to both chronic and severe medical problems, it imposes a cost not only on affected individuals and their families, but also on society as a whole. In Europe, the

Obesity Prevention White Paper of May 2007 - followed by the adoption of an EU School Fruit Scheme, the acknowledgement that food advertising to children should be limited, and proposed legislation to make nutrition labeling compulsory - has firmly placed obesity on the EU agenda by laying down a multi-sectoral strategy and a basis for future action. In accordance with this growing sense of urgency, this is the first book to offer an in-depth legal analysis of obesity prevention, with particular reference to Europe. It describes what the EU has done and could do to support Member States in fighting the obesity epidemic, and clearly shows the way to locating advocacy strategies within the framework of EU law. The thorough analysis includes a discussion of the following issues: the need to address nutrition and physical activity as important health determinants; the emphasis traditionally placed at EU level on food safety rather than food quality; the need for the development of databases on nutrition and physical activity, comparable common indicators and risk assessment mechanisms; mainstreaming public health into all EU policies; the scope of EU powers in the case law of the Court of Justice; the role of information in the EU's obesity prevention strategy; the Commission's proposed Mandatory Nutrition Declaration; the Food Claims Regulation; the regulation of food marketing to children, and in particular the role of the Audiovisual Media Services Directive, the Unfair Commercial Practices Directive and industry self-regulation; food reformulation; the use of economic instruments in the EU's obesity prevention strategy, with an emphasis on the Common Agricultural Policy and the EU's taxation policy; and EU action in the fields of sport, occupational health and safety, and transport policy. The author convincingly shows that conflicts of interest inherent in market forces demand a strong EU intervention, preferably through legislation than self-regulation. She also demonstrates the urgent need to reach an agreement, on the basis of reliable data, about what is effective in practice to improve lifestyles. The study acknowledges that the law is not a panacea, but nonetheless has an influential role to play in making the healthy choice an easier choice, and must move decisively towards ensuring that the societal costs associated with obesity are sustainable, and that the ultimate goal of a healthy population is achievable. The book is essential reading for everyone involved or interested in the development of the EU's obesity prevention policy.

Promotes the recognition, treatment, and prevention of conditions of overweight and obesity in the United States. The Surgeon General's Call to Action to Prevent and Decrease

Overweight and Obesity

The Prevention of Child and Adolescent Obesity in Iowa

Three Essays on the Economics of Obesity

Obesity Prevention

Health and Economic Consequences of an Impending Global Challenge

Fit not Fat

Obesity is an increasing problem on a global scale, and strategies for its prevention involve experts from many disciplines including nutritionists, physicians, policy-makers and public health professionals. This book covers the latest advances in obesity development, management and prevention with specific focus on dietary interventions. Part one covers the development of obesity and key drivers for its continuation and increase. Part two looks at the role of specific dietary components in obesity management, and part three discusses the role of behavioural factors such as eating patterns in managing and preventing obesity. Part four focuses on structured dietary interventions for obesity treatment, and part five looks at public interventions and consumer issues. Reviews how different foods and diets can affect obesity management Examines various ways of preventing and treating obesity Explores how governments and industries are preventing and treating obesity

Academic Paper from the year 2019 in the subject Health - Children and adolescents, University of Phoenix, language: English, abstract: This paper analyses whether fast food contributes to childhood obesity. Obesity is a multi-factorial disorder comprising genetic, dietary, conduct, and ecological components. The expanded eating of energy-dense poor nutrient diets with high saturated fats and sugar levels joined with diminished physical activity, have prompted high corpulence rates among kids. Current statistics depict that 15% of U.S kids and averagely 33% of adults are obsessed. The results in this new study support evidence that fast-foods adds to a high intake of calories and obesity risk in kids.

Get a quick, expert overview of the many key facets of obesity management with this concise, practical resource by Dr. Jolanta Weaver. Ideal for any health care professional who cares for patients with a weight problem. This easy-to-read reference addresses a wide range of topics - including advice on how to "unpack" the behavioral causes of obesity in order to facilitate change, manage effective communication with patients suffering with weight problems and future directions in obesity medicine. Features a wealth of information on obesity, including hormones and weight problems, co-morbidities in obesity, genetics and the onset of obesity, behavioral aspects and psychosocial approaches to obesity management, energy and metabolism management, and more. Discusses pharmacotherapies and surgical approaches to obesity. Consolidates today's available information and guidance in this timely area into one convenient resource.

Obesity Epidemiology Oxford University Press

A Framework to Inform Decision Making

*Obesity and the Economics of Prevention Fit not Fat
Criteria for Evaluating Weight-Management Programs
Treatment of the Obese Patient
Future Research Needs Paper Number 31*

Obesity is a global ticking time-bomb with huge potential negative economic and health impacts, especially for the poor. Countries and global partners need to act urgently to address this ensuing epidemic with emphasis highlighting interventions that require corrective public action rather than one of individual responsibility.

Understanding the complex factors contributing to the growing childhood obesity epidemic is vital not only for the improved health of the world's future generations, but for the healthcare system. The impact of childhood obesity reaches beyond the individual family and into the public arenas of social systems and government policy and programs. Global Perspectives on Childhood Obesity explores these with an approach that considers the current state of childhood obesity around the world as well as future projections, the most highly cited factors contributing to childhood obesity, what it means for the future both for children and society, and suggestions for steps to address and potentially prevent childhood obesity. This book will cover the multi-faceted factors contributing to the rapidly growing childhood obesity epidemic The underlying causes and current status of rapidly growing obesity epidemic in children in the global scenario will be discussed The strategies for childhood obesity prevention and treatment such as physical activity and exercise, personalized nutrition plans and school and community involvement will be presented

"This document provides recommendations that go beyond the use of advanced medical technologies, which can result in managing devastating chronic disease but fail to prevent these diseases in the first place. Instead these recommendations call for an integrated approach that includes, but is not limited to, access to quality healthcare; policy formulation which addresses social determinants; program integration; strategic use of data; and a thorough understanding of dynamic political processes which influence health outcomes."--Page v.

Obesity: Oxidative Stress and Dietary Antioxidants cover the science of oxidative stress in obesity and associated

conditions, including metabolic syndrome, bariatric surgery, and the potentially therapeutic usage of natural antioxidants in the diet or food matrix. The processes within the science of oxidative stress are not described in isolation, but in concert with other processes, such as apoptosis, cell signaling and receptor mediated responses. This approach recognizes that diseases are often multifactorial and oxidative stress is but a single component. The book is designed for nutritionists, dietitians, food scientists, physicians and clinical workers, health care workers and research scientists. Covers the basic processes of oxidative stress, from molecular biology, to whole organs Highlights antioxidants in foods, including plants and other components of diet Provides the framework for further, in-depth analysis or studies via well-designed clinical trials or via the analysis of pathways, mechanisms and components

Practical Guide to Obesity Medicine

Global Impact and Epidemiology

Managing and Preventing Obesity

Patterns, Determinants, and Effective Health Promotion Programs

Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

Physical Activity in the Era of the Childhood Obesity Epidemic

The aim of this book is to inform clinicians of recent advances in obesity research and provide a review of current treatment issues and strategies. Part 1 covers new discoveries in the physiological control of body weight, as well as the pathophysiology of obesity. Part 2 covers a range of issues that are central to the clinical management of obese patients. This illustrated volume will stimulate and engage clinicians.

During the past twenty years there has been a dramatic increase in obesity in the United States. An estimated thirty percent of adults in the US are obese; in 1980, only fifteen percent were. The issue is gaining greater attention with the CDC and with the public health world in general. This book will offer practical information about the methodology of epidemiologic studies of obesity, suitable for graduate students and researchers in epidemiology, and public health practitioners with an interest in the issue. The book will be structured in four main sections, with the majority of chapters authored by Dr. Hu, and some authored by specialists in specific areas. The first section will consider issues surrounding the definition of obesity, measurement techniques, and the designs of epidemiologic studies. The second section will address the

consequences of obesity, looking at epidemiologic studies that focus on cardio-vascular disease, diabetes, and cancer. The third section will look at determinants of obesity, reviewing a wide range of risk factors for obesity including diet, physical activity and sedentary behaviors, sleep disorders, psychosocial factors, physical environment, biochemical and genetic predictors, and intrauterine exposures. In the final section, the author will discuss the analytical issues and challenges for epidemiologic studies of obesity.

Physical activity is important for obesity prevention. Given that the prevalence of obesity among Canadian children has substantially increased over recent decades, and that obesity has substantial consequences for health and wellness, physical activity promotion continues to be a priority for public health. This thesis research aims to further our understanding of children's behavioural patterns where they relate to physical activity and obesity. It also aims to identify factors and effective strategies that increase physical activity among children. These aims were assessed through six interconnected research papers. In the first paper we demonstrated that consideration should be given to activities not captured by pedometers as adjusting crude pedometer-measured steps for these activities substantially improved the ability to accurately assess children's physical activity levels, and to identify children who were obese. In the second paper we revealed that policy makers should consider targeting physical activity in girls, and outside of school as these variables and time periods were characterized by low activity. In the third and fourth papers we showed that parental beliefs and support for physical activity were positively related to children's physical activity achieved on weekend days, and negatively associated with childhood overweight. In the fifth paper we demonstrated that school programs that support physical activity through positive environments, curriculum, policy, and partnerships lead to improvements in children's physical activity both during and beyond school. In the last paper, we revealed that programs implemented in schools located in disadvantaged neighbourhoods reduced inequalities in physical activity. Furthermore, we found that although the programs were implemented school-wide and did not specifically target student subgroups, they were effective in increasing physical activity relatively evenly among low-active, active, and high-active students. Likewise they relatively evenly reached normal weight and overweight students, and those of distinct socioeconomic backgrounds. The results of this thesis provide researchers and policy makers with new evidence on important determinants of physical activity in children from an Albertan context. They also underline the importance of supporting strategies for physical activity promotion and specifically school health programs as these improve physical activity, reduce obesity prevalence rates and diminish health inequalities.

Cardiovascular disease is the second leading cause of death among Asians; however, there is limited data on cardiovascular disease for Asian-American subgroups. For Hmong-Americans, there are no longitudinal studies on

obesity and cardiovascular disease. Increasing prevalence of obesity has led the American Medical Association to declare obesity as a disease. Body Mass Index (BMI) is used to measure body fatness at normal weight (≤ 24.9 kg/m²), overweight (25 kg/m² to 29.9 kg/m²), and obese (≥ 30 kg/m²). Evidence is emerging that there is increased risk of diabetes and cardiovascular risk in Asian populations below the recommended cut-points for overweight and obese. The purpose of this study is to understand obesity and cardiovascular risks among Hmong-Americans using data from electronic health records of 83,091 adults between the ages of 30-74 years old who met the study inclusion criteria between the period of 2010 - 2015. The results are presented in three papers. The first paper is a systematic review of the literature on methodologies using names to classify ethnicity. Forty-five papers were reviewed with sensitivity from 50.3% to 99% and specificity from 60% to 100%. The positive predictive value ranges from 57% to 100% and the negative predictive value ranges from 71.75% to 100%. The moderate to high sensitivity and specificity ranges demonstrated the usefulness of the name algorithms to infer ethnicity in health disparity research. The second paper validated the Pacific Islander Identification Algorithm [NAPIIA v1.2] used in this study to infer Hmong ethnicity. The sensitivity was 52.48%, specificity was 99.74%, positive predictive value was 71.15% and negative predictive value was 99.43%. The NAPIIAv1.2 is useful to infer Hmong ethnicity. The third paper show results of the prevalence of obesity and CVD risk among Hmong Americans. The Hmong obesity rate was twice higher than other Asians using the Asian and standard BMI cut points. The CVD risk scores for Hmong Americans were slightly higher (9.3%) than other Asians (7.7%). When controlling for gender and race, Hmong were significantly different from other Asians and NHW. Race and gender have a significant impact on the relationship between BMI and CVD risk scores.

The Oxford Handbook of the Social Science of Obesity

Childhood Obesity and the U.S.-México Border

Oxidative Stress and Dietary Antioxidants

Food, Diet and Obesity

The End of the Obesity Epidemic

Obesity and Overweight

During the last few years, there has been growing medical interest in the problem of obesity. Although this may not have resulted in a dramatic breakthrough in our understanding of the condition, at least we are now more aware of our ignorance. Possibly this partly explains the increasing medical concern for, and sympathy in, the management of the obese. In the introductory chapter, John Garrow says that he believes it would be better to treat a few people well than many subjects unsuccessfully. This theme is developed in those chapters which deal with specific forms of therapy including exercise, protein-sparing fasting and bypass surgery, while the chapters on

pharmacological agents review our knowledge, and our ignorance, of the mode of action and efficacy of the currently available drugs. Almost in contrast, the chapter on behavioural therapy and group therapy suggests that obesity is a problem which could best be tackled on a community basis. Clearly such an approach is very attractive, and the combination of behavioural therapy and slimming organizations would appear to offer the best prospects of controlling most subjects' weight problems. There will always remain, however, the individual patient in whom there will be a place for the various special techniques now available. It is hoped that this book will contribute to a greater understanding of the various problems faced by the obese, and the regimes that can be offered. J. F. MUNRO xi 1 How to treat and when to treat J. S.

Childhood obesity is highly prevalent in the U.S. and has become a global epidemic. The 2007-2008 National Health and Nutrition Examination Survey data showed that 17% of U.S. children and adolescents (ages 2–19) years were obese, and over 30% were overweight or obese. Childhood obesity leads to obesity in adulthood and many other serious health conditions, such as cardiovascular, metabolic, and psychosocial illnesses. To assess the effectiveness of existing childhood obesity prevention efforts, the Johns Hopkins University Evidence-based Practice Center completed a systematic review on childhood obesity prevention studies conducted in high-income countries. This report systematically reviewed seven key questions: What is the comparative effectiveness of school-based interventions for the prevention of obesity or overweight in children? What is the comparative effectiveness of home-based interventions for the prevention of obesity or overweight in children? What is the comparative effectiveness of primary care-based interventions for the prevention of obesity or overweight in children? What is the comparative effectiveness of childcare setting-based interventions for the prevention of obesity or overweight in children? What is the comparative effectiveness of community-based or environment-level interventions for the prevention of obesity or overweight in children? What is the comparative effectiveness of consumer health informatics applications for the prevention of obesity or overweight in children? What is the comparative effectiveness of multi-setting interventions for the prevention of obesity or overweight in children? Though the strength of evidence is moderate to high for school-based interventions, the limited number of studies and insufficient or low strength of evidence to support interventions in other settings made it difficult to conclude that interventions in other settings could effectively prevent childhood obesity.

Based on the evidence gaps in these settings, we identified the following as Future Research Needs: Future research is needed on interventions delivered in settings other than schools or home. While there have been other reviews on the effectiveness of interventions on food and nutrition policies at school on changes in children's diet and school food environments, there are still gaps in the literature on some aspects, such as the impact of regulations on food availability and its impact on obesity prevention. Only a few studies that we reviewed used social marketing to deliver messages on nutrition, physical activity and health. This approach might be integrated with other intervention components to create an atmosphere favorable to healthy and active lifestyles and related behavioral changes. Further testing of the value of consumer health informatics products for obesity prevention is needed. In addition, there is a lack of evidence on the impact of regional or national policies on childhood obesity prevention. Further research might be conducted with stratified analyses on subgroups, such as by gender, age, race/ethnicity, or socioeconomic status. There were methodological limitations of the reviewed studies which suggest that future research might improve upon the methods. Few of the studies we reviewed reported process evaluation, which would provide useful insight regarding why some studies might detect desirable effect of the intervention. Future studies need to design innovative approaches that have a high likelihood of sustainability. This may be designed to take advantage of other existing public health, government or other organization supported programs or try to gain more support and engagement from related key stakeholders. The objective of this report is to prioritize the needs for research addressing gaps in the existing literature on the effectiveness of childhood obesity prevention programs by engaging expert stakeholders using a modified Delphi method.

*Nutrition in the Prevention and Treatment of Abdominal Obesity
Bridging the Evidence Gap in Obesity Prevention
Current Status, Consequences and Prevention
The Practical Guide
Future Research Needs for Childhood Obesity Prevention Programs
Clinical Obesity in Adults and Children*