

Papers On Obesity

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 cardiovascular 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.

Promotes the recognition, treatment, and prevention of conditions of overweight and obesity in the United States.

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, dieticians, 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 Future Research Needs for Childhood Obesity Prevention Programs Big Fat Lies Written Symposium : Papers The Role of Brain and Society on Individual Behavior Obesity Obesity Management Food, Diet and Obesity

This book provides a comprehensive compilation of the evidence available regarding the role of genetic differences in the etiology of human obesities and their health and metabolic implications. It also identifies the most promising

research areas, methods, and strategies for use in future efforts to understand the genetic basis of obesities and their consequences on human health. Leading researchers in their respective fields present contributed chapters on such topics as etiology and the prevalence of obesities, nongenetic determinants of obesity and fat topography, and animal models and molecular biological technology used to delineate the genetic basis of human obesities. A major portion of the book is devoted to human genetic research and clinical observations encompassing adoption studies, twin studies, family studies, single gene effects, temporal trends and etiology heterogeneity, energy intake and food preference, energy expenditure, and susceptibility to metabolic derangements in the obese state. Future directions of research in the field are covered in the book as well.

In a brief, clear and easily accessible way, this summary illustrates the dynamics of the obesity epidemic and its impact on public health throughout the WHO European Region, particularly in eastern countries. It describes how factors that increase the risk of obesity are shaped in different settings, such as the family, school, community and workplace. It makes both ethical and economic arguments for accelerating action against obesity, and analyses effective programs and policies in different government sectors, such as education, health, agriculture

and trade, urban planning and transport. The summary also describes how to design policies and programs to prevent obesity and how to monitor progress, and calls for specific action by stakeholders: not only government sectors but also the private sector - including food manufacturers, advertisers and traders - and professional consumers' and international and intergovernmental organizations such as the European Union.

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

Morbid Obesity

Update on Obesity

Basic Mechanisms and Treatment : Written

Symposium : Papers

Current Status, Consequences and Prevention

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

Global Health Complications of Obesity

A Conference

Avoiding overweight and obesity is the best-established diet-related risk factor for cancer. The

proportion of people who are overweight/obese is increasing, and the amount of physical activity is decreasing in most populations, including urban populations in many developing countries. The increasing prevalence of overweight/obesity is presumably due to the increasing availability of highly palatable, high energy foods and an increasing sedentary lifestyle due to mechanisation of both workplace and leisure activities. Overweight/obesity and reduced physical activity increases the risk of cancers in various organs. Maintaining a healthy body weight and regular physical activity is the second most important way to prevent cancer, after tobacco control. The suggestions of possible public health action aimed at tackling these risk factors include education activities to promote balanced diets which are not excessive in energy and broad education and planning to enable and encourage physical activity during work and leisure. The Handbook Volume 6 on Weight Control and Physical Activity contains a full discussion of this topic, together with recommendations for public health action.

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. Bridging 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.

*Obesity Epidemiology Oxford University Press
Prevention and Treatment of Childhood Obesity
Obesity Discourse and Fat Politics*

Genetic Basis for Obesity and Diabetes

Research, Critique and Interventions

The Truth About Your Weight and Your Health

*NLCAHR Obesity & Health Body Weight Research
Forum (Three Papers).*

Summary

Obesity is a serious and complex public health issue in Australia with many health and social consequences for individuals and communities. Government, commercial and community attempts to 'solve' the 'obesity epidemic' have often failed to respond to the complex socio-cultural causes of obesity. The voices and experiences of obese individuals have also been noticeably missing from public debates and discussions about ways to respond to these socio-cultural factors. This study sought to address a key gap in the obesity literature by: providing in-depth qualitative information about the ways in which Australian obese adults experience, perceive and respond to their obesity and obesity discourses; describing how individual characteristics and socio-cultural factors combine to influence these experiences and responses; identifying factors that obese adults think may improve their health and social experiences; and examining the complexities of the lived experience of obesity in Australian society. The study was guided by grounded theory techniques, which take an iterative approach to

data interpretation and analysis. Semi-structured telephone interviews were conducted with a targeted sample of 142 Australian adults with a self-reported body mass index of 30 kg/m² or more. Thematic analysis and a constant comparative method were used to analyse the data. This thesis is comprised of five academic papers, which each reveal one aspect of the lived experience of obesity in Australia. The first phase of research (Paper One and Paper Two) explored how distinct individual characteristics, namely male gender and BMI, influence experiences of, and responses to, obesity. While there were clear differences between the ways in which subgroups conceptualised and responded to their obesity, all believed messages about personal responsibility for obesity and weight loss but found it difficult to act upon these messages. The second phase of research (Paper Three and Paper Four) examined how obese adults interact with different types of information about obesity, weight loss and health outcomes. These papers revealed that public health messages about obesity-related health risks can have undesirable health and social outcomes for some individuals. They also showed that the information provided by the weight loss industry resonated with the experiences of participants more than information provided by governmental and non-governmental public health agencies. The final phase of research (Paper Five) explored a social phenomenon that was common to the experiences of obese adults by investigating how weight-based stigma influenced the health and social experiences of obese adults. It revealed that stigma had negative health and social outcomes for participants, and that they received, felt and experienced different types of stigma in different

ways. Collectively this body of work provides a more sophisticated understanding of a complex health and social issue. This research provides important information to help to tailor responses to obesity that more appropriately reflect the experiences and needs of obese adults.

Offers a plan for metabolic fitness while debunking height-weight tables, fat consumption, yo-yo dieting, exercise, and the relationship between health and obesity.

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.

Global Impact and Epidemiology

Epidemiology and Treatment Modalities

CDC Growth Charts

Bridging the Evidence Gap in Obesity Prevention

Weight Control and Physical Activity

Weighing the Options

Obesity and Cardiovascular Disease in Minority Populations

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

This volume, containing 24 papers and 19 poster papers, reviews the etiology and epidemiology of childhood obesity. It explores genetic and contributory environmental factors. It also describes recent research and educational efforts in prevention of the condition, including programmes aimed at high-risk minority populations.

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

The Meaning of Measures and the Measure of Meanings
Health and Economic Consequences of an Impending
Global Challenge

The Surgeon General's Call to Action to Prevent and
Decrease Overweight and Obesity

The Practical Guide

Symposium : Papers and Programme

The Treatment of Obesity

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

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.

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.

Of evidence-based recommendations --
Introduction -- Overweight and obesity:
background -- Examination of randomized
controlled trial evidence -- Treatment
guidelines -- Summary of recommendations
-- Future research.

Reconstructing Obesity

Conference : Papers

Obesity Prevention

**Criteria for Evaluating Weight-Management
Programs**

The Genetics of Obesity

Obesity in America

Treatment of the Obese Patient

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.

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.

This book is the first in a series of two, featuring the Adiposity - Epidemiology and Treatment Modalities, serving as a summary of the traditional views on how the organ systems are affected when higher organs start to suffer from enhanced body weight, where most of this additional weight consists of white adipose tissue (WAT). The understanding of the "epidemiology" of obesity will consequently enable clinicians and researchers to better understand the untoward "trends" of "metabolic aberrations" from a well-organized and health-bringing homeostasis,

with fully responding WAT and BAT, thus enabling a balance between fat-producing and fat-metabolizing tissues for the benefit of the various organ systems taking care of the fat and carbohydrate metabolism, normally yielding a balanced energy turnover, ensuring "healthy" cell phenotypes, which optimally coordinate the energy metabolism in a well-functioning organism throughout a lifetime.

Papers from the Symposium "Cultural Aspects of Overweight and Obesity in the U.S.A.", Marburg, November 28, 2003

Medical and Scientific Aspects : 1st Symposium : Papers

*Global Perspectives on Childhood Obesity
The Evidence Report*

United States

*A Framework to Inform Decision Making
Adiposity*

Abstract: Most of the papers presented were prepared by the various conference task forces. A distinction is made between overweight and obesity; the former indicating an excess of body weight to height, the latter a surplus of fat. It is agreed that obesity is the result of a continued excessive consumption of food, but why such consumption occurs is not understood. The correlation of exercise and diet is discussed. Although skinfold

thickness is considered the best measure of obesity, interpretation of the measurement is still a problem. The relationship between obesity and various body disorders needs further research. The dangers of obesity, including diseases associated with the condition, are discussed and further research is recommended. The various treatments for obesity have attendant risks which should be carefully considered. Control of obesity, which is largely the result of life style, will be most effective when people in both medical and nonmedical fields work together in a joint effort. 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

Global Health Complications of Obesity

presents a valuable resource for research scientists and clinicians by covering the burden of obesity and related diseases and serving as a starting point for in-depth discussions in academic settings and for obesity-treatment specialists. Obesity is associated with a statistically higher risk of heart disease, hypertension, insulin resistance, type 2 diabetes and many other diseases. This succinct resource focuses on the current data, research and management of obesity. It is essential reading for healthcare professionals, endocrinologists, nutritionists, public health students and medical students. Presents clinical cases, key terms and targeted references

Addresses diseases including diabetes, cancer, hypertension, osteoarthritis, fatty liver disease, infertility, renal failure and depression Provides a link to new knowledge that is ideal for both researchers and clinicians

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

Nutrition in the Prevention and Treatment of Abdominal Obesity

*Concepts, Treatments and Future Directions
: Symposium : Papers*

*Symposium : Papers
Obesity Epidemiology
O, Brave Fat World*

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.

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.

In the crowded and busy arena of obesity and fat studies, there is a lack of attention to the lived experiences of people, how and why they eat what they do, and how people in cross-cultural settings understand risk, health, and bodies. This volume addresses the lacuna by drawing on ethnographic methods and analytical emic explorations in order to

consider the impact of cultural difference, embodiment, and local knowledge on understanding obesity. It is through this reconstruction of how obesity and fatness are studied and understood that a new discussion will be introduced and a new set of analytical explorations about obesity research and the effectiveness of obesity interventions will be established.

International Congress : Papers

The Challenge of Obesity in the WHO

European Region and the Strategies for Response

Preventing and Managing the Global Epidemic

A Qualitative Study

Future Research Needs Paper Number 31

Understanding the Lived Experience of Obesity in Australia

Papers of Meeting Held in Conjunction with the Obesity Association