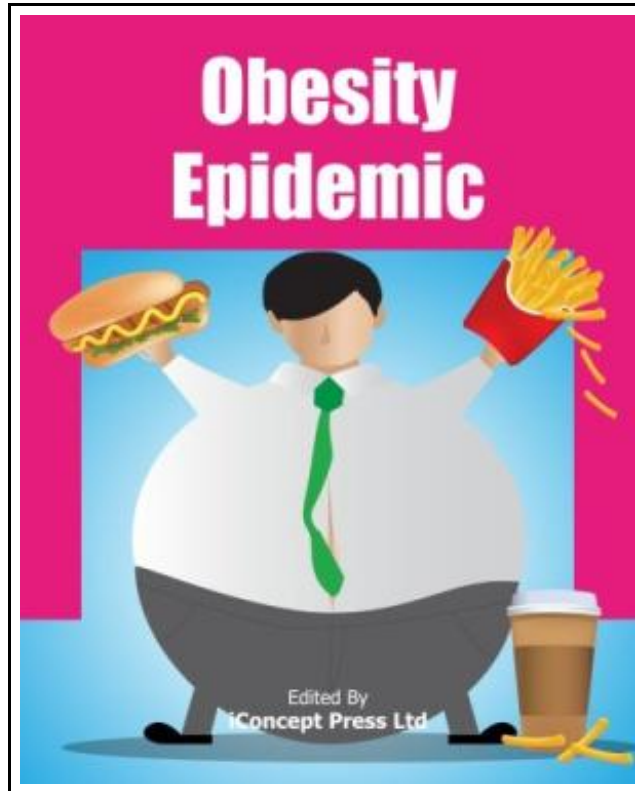


Obesity Epidemic



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(Saige Lang)

OBESITY EPIDEMIC



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 304 pages. Dimensions: 10.0in. x 8.0in. x 0.7in. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, such as increasing the likelihood of heart disease, diabetes, obstructive sleep apnea, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility. It is one of the most serious health problems of the 21st century, especially in those highly developed countries, with increasing prevalence in adults and children. Chapter 1 presents results of a systematic review of school-based interventions that incorporated a nutrition component designed to prevent childhood obesity. Chapter 2 shows the association between overweight and obesity in school age children and their parents. Chapter 3 points out that high calorie intake and/or low physical activities reflecting in high or low body mass index, abdominal circumference, blood pressure and heart rate are not dependent on wealth and level of education. Chapter 4 presents high prevalence rate of obesity in Serbian preschool children, particularly for girls, where preschoolers with high aerobic fitness during kindergarten years have less total and abdominal adiposity than their unfit counterparts. Chapter 5 offers new strategies to treat obesity in both children and adults by using hormones. The hormones leptin, ghrelin and obestatin are known to affect the development of obesity. Chapter 6 aims to link an evolutionary perspective on the modern obesity crisis to a rationale for a treatment outlined in Brazil. Chapter 7 discusses the linkage between mortality rate and obesity, as well as the relationship of obesity with physical activity and dietary habits. Chapter 8 discusses the plasma homocysteine level with lifestyle factors like diet,...



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