



Handbook of Obesity Prevention: A Resource for Health Professionals

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Comprehensive in scope and meticulously researched, **Handbook of Obesity Prevention** analyzes the intricate causes of this public health crisis, and sets out concrete, multilevel strategies for meeting it head-on. This innovative handbook clearly defines obesity in clinical, epidemiologic, and financial terms, and offers guidelines for planning and implementing programs and evaluating results. This systematic approach to large-scale social and policy change gives all parties involved—from individual practitioners to multinational corporations—the tools to set and attain realistic goals based on solid evidence and best practice in public health.

A sample of topics covered:

The individual: risk factors and prevention across the lifespan, specific populations (pregnant women, ethnic and regional groups).

Levers for change in schools and workplaces.

Community settings: role of the physical environment.

"De-marketing" obesity: food industries and the media.

Grassroots action: consumers and communities.

The global obesity epidemic: rapid developments, potential solutions.

From obesity prevention to health promotion: the future of the field.

Its level of detail and wide range of topics make the **Handbook of Obesity Prevention** a bedrock sourcebook, overview, reference, or teaching text. Read by topic or cover to cover, here is accurate, up-to-date information for professionals and students in all areas of public health.

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