



Obesity Sourcebook: Basic Consumer Health Information About Diseases and Other Problems Associated With Obesity, and Including Facts About Risk Factors, Prevention (Health Reference Series)

Wilma Caldwell

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Recent research indicates that an obesity epidemic every bit as serious as an infectious disease epidemic has rapidly spread across all states, regions, and demographic groups in the United States during the 1990's. Defined as being over 30 percent above ideal body weight, obesity is linked to heart disease, diabetes, high blood pressure, stroke, gall bladder disease, and several cancers.

Obesity Sourcebook provides laypeople with the basic information needed to assess health risks, set reasonable goals for weight loss, develop exercise and dietary plans, and communicate with physicians regarding new prescription drugs for weight loss, including updates on the status of "Fen-Phen." It details the health and economic costs of obesity, obesity-related medical conditions, legal issues for the obese, and obesity in women, children, minority populations, and the elderly. A glossary and resource listing are included for additional help and information.

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