

Recently there has been found a decrease in the incidence of obesity in low-income pre-school children, from 2003-2010 there was a slight decrease in obesity rates in this demographic from 15.21%-14.94% with similar decreases in extreme obesity from 2.22%-2.07%⁴.

Causes of Obesity

Why the shift? Why have we as a nation been getting heavier? The reasons are multi-faceted. Our changing environment and habits are among the chief reasons. Cheap, low-quality food has now been abundantly available over the past 30 years or so. Fast food and industrialized food products have proliferated our society; they have changed not only the foods that we eat, but also the way that we eat them. For many families, gone are the days of home cooked meals. We now rely on quick cook (or no cook) food items with compromised nutritional quality. High fat, high sugar, high sodium foods are now the norm, instead of the occasional "treat". In many urban areas, this is often the only type of food available. With this trend has come an explosion in food portion sizes, and thus people can no longer judge what an appropriate amount of food to eat is. All of the above has triggered in some, an inability to recognize fullness cues.

The number one factor that we as humans use to choose the foods that we eat is taste, not nutritional quality or content. We intuitively do not eat by numbers; we select food via its eye appeal, smell, and taste. We have a large amount of American's that have grown up on fast and industrialized foods that have now become staples in their diets, fresh and whole grain foods hold little appeal, as they have very little experience with these foods. It takes a lot of determination to over-ride this strong drive to eat these readily available tasty foods and to experiment with foods that appear and taste strange and different.

Food manufacturers have become so good at making high fat, high sugar, high salt foods taste so good that some people claim that these foods are physically addictive⁵. Which keeps people trapped in a vicious cycle of eating based on a spike in blood sugar-fulness after a meal/snack, followed by a drop in blood sugar-coupled with a sensation of hunger, which propels further eating, which repeats, and repeats again. These foods are very low in fiber and quality protein, two components of food, which contribute to long-term satiety.

Obesity Research Paper Examples

Larry Ferlazzo, Katie Hull Sypnieski



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the leading cause of ill health around the world The editors have included contributions from leading international experts in their respective fields that address every major aspect of this often misunderstood disease Readers will also benefit from the inclusion of Introductions to the history and scale of the obesity problem across the world and its epidemiology and social determinants Comprehensive explorations of those affected by obesity including fetal and infant origins genetic causes bias and stigma encountered by those affected by obesity and the psychobiology of obesity Practical discussions of obesity as a disease including its co morbidities of dyslipidemia fertility cardiovascular consequences and obstructive sleep apnea In depth examinations of the management of obesity in adults and children including contemporary approaches to clinical and dietary management and behavioral treatments Perfect for doctors and allied health professionals who regularly work with patients suffering from obesity Clinical Obesity in Adults and Children will also earn a place in the libraries of health researchers and scholars studying obesity and nutrition dieticians nutritionists and anyone else with a professional interest in an increasingly prevalent health problem

New Developments in Obesity Research Lawrence F. Ditmier, 2006 Far from a sign of healthy prosperity and contentment overweight and obesity are now considered high risk factors for a wide range of diseases including early death and disability heart disease diabetes reproductive problems cancer breathing problems and arthritis Obesity now at epidemic levels in many countries is defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass The amount of body fat or adiposity includes concern for both the distribution of fat throughout the body and the size of the adipose tissue deposits This book includes within its scope the causal connection of obesity to diseases as well as the prevention and treatment of obesity Leading edge scientific research from throughout the world is presented

The Obesity Epidemic Michael Gard, Jan Wright, 2005 In a broad ranging review of current thinking on obesity the authors criticise much of the existing research for being biased by ideological and moral assumptions

Doing Your Qualitative Psychology Project Cath Sullivan, Stephen Gibson, Sarah C.E. Riley, 2012-03-22 Thanks to this new book psychology students now have a trustworthy and practical guide that takes them through all stages of qualitative research with rich examples and different paradigmatic perspectives Svend Brinkmann Aalborg University Denmark A well thought out accessible and engaging guide to conducting qualitative research projects This is a must read for any student beginning the qualitative journey Abigail Locke University of Huddersfield UK This book is for students who are embarking on a qualitative research project in psychology or a related discipline While focusing mainly on undergraduate dissertations this book will also be useful for postgraduate students It takes you through planning a qualitative project stage by stage addressing key issues and concerns along the way The focus throughout is on how to make your project excellent Packed full of examples from student projects to help you to put theory into practice the book guides you through designing your research ethical considerations collecting your data analysing your data writing your report or dissertation In addition the book will help you with time management and working with your supervisor as well as providing guidance on how you can

use your project as the basis for publication or further study

Nutrition in the Prevention and Treatment of

Abdominal Obesity Ronald Ross Watson, 2014-02-26 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

Obesity, Eating Disorders and the Media Karin Eli, Stanley Ulijaszek, 2016-05-23 How do the media represent obesity and eating disorders How are these representations related to one another And how do the news media select which scientific findings and policy decisions to report Multi disciplinary in approach Obesity Eating Disorders and the Media presents critical new perspectives on media representations of obesity and eating disorders with analyses of print online and televisual media framings Exploring abjection and alarm as the common themes linking media framings of obesity and eating disorders Obesity Eating Disorders and the Media shows how the media similarly position these conditions as dangerous extremes of body size and food practice The volume then investigates how news media selectively cover and represent science and policy concerning obesity and eating disorders with close attention to the influence of pre existing framings alongside institutional and moral agendas A rich comprehensive analysis of media framings of obesity and eating disorders as embodied conditions complex disorders public health concerns and culturally significant phenomena this volume will be of interest to scholars and students across the social sciences and all those interested in understanding cultural aspects of obesity and eating disorders

Public Health Nutrition Mark Lawrence, Tony Worsley, 2020-08-04 A ground breaking text in the developing field of public health nutrition from the foreword by Basil S Hetzel At last A book that approaches public health nutrition in a scholarly scientific and evidence based manner that at the same time delivers the practical competencies and skills required by the professional Public Health Nutritionist Elizabeth Belton Senior Lecturer School of Life Sciences The Robert Gordon University How can the nutritional health of populations be improved through

action at local national and global levels The work of public health nutritionists is to bring population wide perspectives to the relationship between food and health Systematically drawing on international research in Public Health Nutrition leading international practitioners present both the theoretical underpinnings and applied nature of the field of public health nutrition The book is peer reviewed and divided into four sections Principles presents conceptual frameworks solutions responsibilities and outcome measures philosophical and evidential dimensions standards and dietary guidelines Populations explores groups for whom nutrition is especially relevant providing analysis of the food and health relationship from physiological social cultural political and economic perspectives Priorities examines key issues including vulnerable populations obesity indigenous nutrition international nutrition the nutritional transition food system trends and sustainability Practices covers professional skills for public health practitioners including monitoring the food and nutrition situation of populations physical activity research skills project management professional practice health promotion and communication policy and politics Public Health Nutrition is an essential resource for public health practitioners researchers and administrators as well as students of nutrition dietetics and public health wishing to obtain advanced and specialised competencies Advancing Social Purpose in Organizations: An Interdisciplinary Perspective Monica Thiel, Gabriele Giorgi, Antonio Ariza-Montes, Nicola Mucci, 2021-08-17

Global food security: ethical and legal challenges Carlos M. Romeo Casabona, Leire Escajedo San Epifanio, Aitziber Emaldi Ciri3n, 2023-09-04 Food security will exist when all people at all times have physical and economic access to sufficient safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life as stated in the Rome Declaration in 1996 Given the dimension of the current global food crisis food security means adopting effective and specific actions at individual household national regional and global levels Food security invites us to reflect upon ethical principles like human equity justice between current and future generations respect for human dignity and sustainable food production We strive to maintain our basic ethical convictions and engage in societal debates about other important values While we do this we may have to change our ways of life and learn to create new priorities in the face of global responsibility Science and technology are key tools to reach the Millenium Goals providing both society and decision makers alike with relevant information and new options within an ethical framework The contributions found in this publication bring together the perspectives of a diverse group of authors Coming from the academic world the public sector and non governmental organisations NGOs they provide the latest views on Global food security ethical and legal challenges **Discrimination as Stigma** Iyiola Solanke, 2016-12-29 This monograph reconceptualises discrimination law as fundamentally concerned with stigma Using sociological and socio psychological theories of stigma the author presents an anti stigma principle promoting it as a method to determine the scope of legal protection from discrimination The anti stigma principle recognises the role of institutional and individual action in the perpetuation of discrimination Setting discrimination law within the field of public health it frames positive action and

intersectional discrimination as the norm in this field of law rather than the exception In developing and applying this new theory for anti discrimination law the book draws upon case law from jurisdictions including the UK Australia New Zealand the USA and Canada as well as European law

The Weight of Images Katariina Kyrölä, 2016-02-17 The Weight of Images explores the ways in which media images can train their viewers bodies Proposing a shift away from an understanding of spectatorship as being constituted by acts of the mind this book favours a theorization of relations between bodies and images as visceral affective engagements that shape our body image with close attention to one particularly charged bodily characteristic in contemporary western culture fat The first mapping of the ways in which fat gendered bodies are represented across a variety of media forms and genres from reality television to Hollywood movies from TV sitcoms to documentaries from print magazine and news media to online pornography The Weight of Images contends that media images of fat bodies are never only about fat rather they are about our relation to corporeal vulnerability overall A ground breaking volume engaging with a rich variety of media and cultural texts whilst examining the possibilities of critical auto ethnography to unravel how body images take shape affectively between bodies and images this book will appeal to scholars and students of sociology media cultural and gender studies with interests in embodiment and affect

[A Student'S Guide to Acing College](#) Jeffrey Vaske, 2011-03-23 Are you nervous about the rigors of college academics Does graduating from college seem like an impossible dream If so A Students Guide to Acing College is for you This motivational and insightful guide walks you step by step along the path toward academic success Inside you will find a multitude of tips tools and strategies designed to help you develop the essential skills necessary to succeed in college You will also be introduced to several resources unique to the college experience that can assist you in achieving top grades A Students Guide to Acing College gives you the tools to conquer the world of college academics and fulfill your dreams Directly from the trenches after having successfully navigated two challenging academic programs simultaneously Jeffrey Vaske has provided a succinct and extremely useful guide for college students Essentially he demystifies the academic skills that students need to do well If you have a child starting college get him or her this book

Dr Katharina Tumpek Kjellmark Chair History Department Grand View University

Navigating the Common Core with English Language Learners Larry Ferlazzo, Katie Hull Sypniewski, 2016-05-02 The must have Common Core guide for every ESL ELL instructor Navigating the Common Core with English Language Learners is the much needed practical guide for ESL ELL instructors Written by experienced teachers of English Language Learners this book provides a sequel to the highly regarded ESL ELL Teacher s Survival Guide and is designed to help teachers implement the Common Core in the ELL classroom You ll find a digest of the latest research and developments in ELL education along with comprehensive guidance in reading and writing social studies math science Social Emotional Learning and more The Common Core is discussed in the context of ESL including the opportunities and challenges specific to ELL students Ready to use lesson plans and reproducible handouts help you bring these ideas into the classroom and

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How to Deliver a Great Speech that Will Change Minds and Influence People Richard Helweg, 2015-02-03 Public speaking is an art and some of the most effective communicators in history have been artists Think of Steve Jobs John F Kennedy Dale Carnegie Martin Luther King Jr and even President Barack Obama all public figures known for their eloquence when delivering a speech A perfectly delivered speech is something that takes time practice and knowledge How to Deliver a Great Speech that Will Change Minds and Influence People Tips Tricks Expert Advice for Effective Public Speaking is teeming with resources for public speaking whether you are looking to get over your fear of speaking to a group of people or are running for political office and need an edge on your competition According to The Phobia Clinic fear of public speaking ranks among Americans top dreads surpassing fear of illness flying terrorism and often the fear of death itself It s no wonder delivering a speech can seem like a large hurdle for many people Even the most brilliant ideas have to be communicated with poise and enthusiasm or the message will be lost due to poor delivery You will discover how to overcome public speaking fright and phobia by being prepared rehearsed and ready for a number of unforeseen circumstances You will learn how to write a memorable speech and how to impact and persuade your audience This book also includes tips on understanding your audience holding their attention knowing what to talk about and what not to include organizing your speech perfecting your timing handling Q A sessions and much more You will also grasp how to put together informative educational and well designed visual aides including electronic presentations How to Deliver a Great Speech that Will Change Minds and Influence People will also show you how you can gauge your audience s reaction and tailor the remainder of your presentation to have maximum appeal to the group you are speaking to There s no need to worry with this book in your arsenal You ll learn everything you need to know to deliver an expertly written speech with poise and confidence

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