

Textbook Of Obesity Biological Psychological And Cultural Influences

Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. Obesity: Evaluation and Treatment Essentials presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors, The challenge of teaching bio-psychology is first getting students up to speed with the basic brain functions and terminology, before this can be applied to psychology, and then finally helping them develop critical thinking about the subject. This book uniquely addresses all three of these issues and provides a resource that supports students at each of these different levels of understanding. Key features include: • New video animations for the biology chapters and high-quality illustrations throughout, helping students grasp the basic neuroanatomy and microbiology. • 'Check your understanding' questions in the book and MCQs online help students test their understanding and prepare for assessments. • Chapters cover the need-to-know topics for psychology students with 'Insight' and 'Focus on Methods' boxes, highlighting these topics' relevance to the real-world. • Spotlights build on the chapters, delving deeper into contemporary debates, issues and controversies around topical areas such as post-traumatic stress disorder, obesity and pain.

An increasingly wide range of patients of different age, ethnicity and social background often combined with other clinical conditions such as diabetes, cardiovascular disease or osteoporosis now find themselves battling against obesity and many health professionals become frustrated, feeling ill-equipped to handle each unique case with the one-size-fits-all approach offered by the "eat less, exercise more" mantra. Weight Management: A Practitioner's Guide explains how effective evidence-based programmes structured in a manner addressing the key components of diet and physical activity integrated with a behavioural approach could offer the solution to the obesity epidemic. This exciting new book from renowned experts Dympna Pearson and Clare Grace provides practitioners and those studying to become practitioners and public health professionals with a much needed modern guide that clearly presents the latest evidence underpinning treatments and uses a step-wise approach to implementing programmes and building skills and confidence. Written with the express needs of practitioners and related health professionals at its core, this book will be a ready reference for those working in both acute and community settings throughout the different and demanding stages of the weight management process. A practical guide to tackling weight management Covers diet, exercise and behavioural therapy Written for health professionals, by health professionals Includes advice on continuity of care and handling group programmes

Health and Behavior: A Multidisciplinary Approach, while providing up-to-date evidence-based information on topics such as stress, pain, models of health communication and behavior change, and research methods, goes beyond the individual to include the cultural, social, and political dimensions impacting health and medical care.

Organized thematically as an A to Z reference encyclopedia across 4 volumes, this comprehensive resource on health psychology provides a concise overview of the ever-expanding interdisciplinary field. The first volume of The Wiley Encyclopedia of Health Psychology covers the biological bases of health behavior, providing information on topics in the broad areas of neuroscience and biopsychology relevant to health behavior. Volume II addresses topics related to theories and data derived from social psychology including health or prevention related behaviors, stress and coping, and the design and evaluation of behavioral interventions. The third volume examines the applied aspects of the field of health psychology including practical topics that clinical health psychologists face in the workplace, issues related to unhealthy behaviors that individuals engage in, behavioral aspects of medical problems, and issues related to the comorbidity of psychiatric disorders and chronic health problems. Volume IV examines special issues in health psychology covering various historical, philosophical, and conceptual issues. It also considers issues related to diversity and underrepresented/underserved groups. As a whole, this 4-volume set: Delves into topics related to Health Psychology across the subfields of Biopsychology, Social Psychology, Clinical Psychology Appeals to the broader field of Behavioral Medicine, including medical and allied health fields Examines the interconnections between biology, psychology, and socio-environmental factors The Wiley Encyclopedia of Health Psychology is an ideal resource for college and university libraries as well as for professional psychologists and other health care professionals interested in the relationship of psychological and physical well being.

For courses in Abnormal Psychology, Clinical Psychology, Gender and Psychopathology, and Eating Disorders. In addition, Eating Disorders may be a useful supplemental text in courses within the following areas: Nursing, Nutrition, and Sports Medicine. Eating Disorders presents a comprehensive and accessible investigation of eating disorders, including but not limited to anorexia nervosa, and bulimia nervosa. The text spans topics such as historical and cross-cultural trends in prevalence of eating pathology, biological bases of eating disorders, and treatment and prevention.

In recent decades, we have seen five perilous and interlocking trends dominate global discourse: irreversible climate change, extreme food and water shortages, rising chronic illnesses, and rampant obesity. Why can't we make any progress in counteracting these problems despite vast expenditures of intellectual, institutional, and social capital? What makes these global emergencies the "wicked problems" that resist our best efforts and only grow more daunting? Daniel Callahan, noted author and the nation's preeminent scholar in bioethics, examines these global problems and shines a light on the institutions, practices, and actors that block major change. We see partisan political and ideological forces, old-fashioned hucksters, and trumped-up scientific disagreements but also the problem of modern progress itself. Obesity, anthropogenic climate change, degenerative diseases, ecological degradation, and global famine are often the unintended consequences of unchecked industrial growth, insatiable eating habits, and technologically extended life spans. Only through well-crafted political, regulatory, industrial, and cultural counterstrategies can we change enough minds to check these threats. With big thinking on issues that are usually evaluated separately, this book is sure to scramble partisan divides and provoke unusual, heated debate.

The leading clinical reference work in the field--now significantly revised with 85% new material--this handbook gives practitioners and students a comprehensive understanding of the causes, consequences, and management of adult and childhood obesity. In concise, extensively referenced chapters from preeminent authorities, the Handbook presents foundational knowledge and reviews evidence-based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments. It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans. The effects of obesity--and of weight loss--on physical and psychological well-being are reviewed, as are strategies for helping patients maintain their weight loss. New to This Edition *Many new authors and topics; extensively revised and expanded with over 15 years of research and clinical advances, including breakthroughs in understanding the biological regulation of appetite and body weight. *Section on contributors to obesity, with new chapters on food choices, physical activity, sleep, and psychosocial and environmental factors. *Chapters on novel treatments for adults--acceptance and commitment therapy, motivational interviewing, digitally based interventions, behavioral economics, community-based programs, and nonsurgical devices. *Chapters on novel treatments for children and adolescents--school-based preventive interventions, family-based behavioral weight loss treatment, and bariatric surgery. *Chapters on the gut microbiome, the emerging field of obesity medicine, reimbursement for weight loss therapies, and managing co-occurring eating disorders and obesity.

Human beings have always been affected by their surroundings. There are various health benefits linked to being able to access to nature; including increased physical activity, stress recovery, and the stimulation of child cognitive development. The Oxford Textbook of Nature and Public Health provides a broad and inclusive picture of the relationship between our own health and the natural environment. All

aspects of this unique relationship are covered, ranging from disease prevention through physical activity in green spaces to innovative ecosystem services, such as climate change adaptation by urban trees. Potential hazardous consequences are also discussed including natural disasters, vector-borne pathogens, and allergies. This book analyses the complexity of our human interaction with nature and includes sections for example epigenetics, stress physiology, and impact assessments. These topics are all interconnected and fundamental for reaching a full understanding of the role of nature in public health and wellbeing. Much of the recent literature on environmental health has primarily described potential threats from our natural surroundings. The Oxford Textbook of Nature and Public Health instead focuses on how nature can positively impact our health and wellbeing, and how much we risk losing by destroying it. The all-inclusive approach provides a comprehensive and complete coverage of the role of nature in public health, making this textbook invaluable reading for health professionals, students, and researchers within public health, environmental health, and complementary medicine.

This open access book is a systematic update of the philosophical and scientific foundations of the biopsychosocial model of health, disease and healthcare. First proposed by George Engel 40 years ago, the Biopsychosocial Model is much cited in healthcare settings worldwide, but has been increasingly criticised for being vague, lacking in content, and in need of reworking in the light of recent developments. The book confronts the rapid changes to psychological science, neuroscience, healthcare, and philosophy that have occurred since the model was first proposed and addresses key issues such as the model's scientific basis, clinical utility, and philosophical coherence. The authors conceptualise biology and the psychosocial as in the same ontological space, interlinked by systems of communication-based regulatory control which constitute a new kind of causation. These are distinguished from physical and chemical laws, most clearly because they can break down, thus providing the basis for difference between health and disease. This work offers an urgent update to the model's scientific and philosophical foundations, providing a new and coherent account of causal interactions between the biological, the psychological and social.

With rates of obesity soaring to epidemic proportions, this reference strives to unearth new treatment regimens and pharmaceuticals for the prevention and treatment of obesity. Offering the latest recommendations and research from the most respected leaders in the field, the Second Edition compiles the most noteworthy studies on the evaluation and management of obese patients.

This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention. The contents are organized to highlight areas of overlap between lines of research that often remain disparate. Suggestions for further reading at the end of each chapter replace extended references and enhance the practical value and readability of the volume.

Obesity in childhood and adolescence has reached epidemic proportions in all industrialized countries around the world. Its impact on individual lives as well as on health economics has to be recognized by physicians and the public alike. Among the most common consequences of obesity in the adolescent are hypertension, dyslipidemia, back pain and psychosocial problems. Therapeutic strategies include psychological and family therapy, lifestyle/behavior modification and nutrition education. The role of regular exercise and exercise programs is emphasized. Surgical procedures and drugs used in adult obesity are still not generally recommended for obese adolescents. This book aims to increase physicians knowledge and understanding of obesity in childhood and adolescence as well as to further public awareness of the health burden and economic dimension of obesity at a young age. Several chapters deliver insights into the basic understanding of which factors contribute to or prevent the development of overweight and obesity in young people. Other contributions provide tools for the clinician to manage the care of the child and adolescent with overweight/obesity. In addition, knowledge from the latest scientific studies on the molecular biology of obesity is also presented.

Acclaimed for its encyclopedic coverage, this is the only handbook that synthesizes current knowledge and clinical practices in the fields of both eating disorders and obesity. Like the prior editions, the significantly revised third edition features more than 100 concise, focused chapters with lists of key readings in place of extended references. All aspects of eating disorders and obesity are addressed by foremost clinical researchers: classification, causes, consequences, risk factors, and pathophysiology, as well as prevention, treatment, assessment, and diagnosis. • New to This Edition •Reflects 15 years of important advances in both fields, including state-of-the-art intervention approaches and a growing focus on how the brain regulates eating behavior. •Dozens of entirely new chapters. •New topics: epigenetics, body weight and neurocognitive function, stress and emotion regulation, the gut microbiome, surgical devices for obesity, food labeling and marketing, and more. •Expanded coverage of prevention and policy.

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

Sugar consumption is suspected to play an important role in the pathogenesis of diabetes, cardiovascular disorders, fatty liver disease, and some forms of cancers. Dietary sugars—fructose in particular—also have a potential role in obesity and metabolic diseases. Dietary Sugars and Health presents all aspects of dietary sugars as they relate to health and disease. It provides a review of the current science related to dietary sugars, ranging from historical and cultural perspectives to food science and production to basic research, animal trials, human pathophysiology, epidemiology, and public health policy implications. Each chapter features a concise, thorough summary of the current knowledge, including an overview of cutting-edge research, controversies, and future perspectives. The book provides a balanced approach through global and multidisciplinary contributions as well as input from various sectors, from academia to the food and beverage industry. The overall collection provides readers with a balanced and complete view of the science related to dietary sugars and health. This book is an invaluable reference for food scientists, nutrition scientists, clinical and translational researchers, obesity researchers, physiologists, public health scientists, and policy makers.

Over the past two decades there has been a marked change in global age demographics, with the number of over-60s increasing by 82% and the number of centenarians by 715%. This new-found longevity is testament to the success of recent advances in medicine, but poses significant challenges to multiple areas of health care concerning older patients. Building upon its predecessor's reputation as the definitive resource on the subject, this new edition of the Oxford Textbook of Geriatric Medicine offers a comprehensive and multinational examination of the field. Fully revised to reflect the current state of geriatric medicine, it examines the medical and scientific basis of clinical issues, as well as the ethical, legal, and socio-economic concerns for healthcare policy and systems. Over 170 chapters are broken up into 16 key sections, covering topics ranging from policy and key concepts through to infection, cancer, palliative medicine, and healthy ageing. New material includes focus on the evolving concepts of malnutrition, sarcopenia, frailty, and related geriatric syndromes and integration of geriatric principles from public health, primary and specialized care, and transitional stages from home to emergency, medicine and surgery, rehabilitation, and long term care. The Oxford Textbook of Geriatric Medicine brings together specialists from across the globe to provide every physician involved in the care of older patients with a comprehensive resource on all the clinical problems they are likely to encounter, as well as on related psychological, philosophical, and social issues.

Practical, evidence-based psychological treatments for severe obesity and related comorbidities, with case vignettes and clinical dialogues.

All health care students must be familiar with the basic concepts of health care in the United States. This introductory textbook presents vital information on health care careers and legal, ethical, financial, and policy issues that will help their future practice. It includes chapters on: careers in the health care profession; the complexity of health care; the Patient Protection and Affordable Care Act; professionalism in health; health care for special populations; the Occupational Safety and Health Administration (OSHA) standards; research and advancements in health care; the future of health care. Fundamentals of U.S. Health Care is unique in the way it highlights the important elements of each health career, including job requirements, length of study, and salaries. With the student in mind, this book is accompanied by a website that features detailed PowerPoints and test banks with more than 1,000 review questions. Well-organized and easily understood, this overview provides a reliable, relevant resource and up-to-date reference. It is essential reading for all allied health students, including nurses, surgical technicians, dental hygienists, radiology technicians, medical assistants, pharmacy technicians, physician assistants, and more.

"Jane Ogden's Health Psychology is a smart and readable textbook that should appeal to both instructors and students of health psychology. Its overall structure is intuitively appealing and progresses from health beliefs to factors associated with becoming ill to the actual state of being ill. New to this edition is a wonderful chapter on the demographics of health and health behaviours. Using a number of striking graphs, Ogden highlights the disparities in health by geography, social class, and gender. The book's greatest appeal, however, is its focus on the major ideas in health psychology. The reader is not bombarded with subtleties of dozens of studies; rather the broader theories are emphasized. Whether you come to health psychology with a background in social, clinical, physiological, or other specialization, you will find this to be a compelling book." James W. Pennebaker, Regents Centennial Professor of Psychology, University of Texas at Austin, USA "This 5th edition of Health Psychology represents an even more attractive book than the previous editions. The new figures and images illustrate the text and students are provided with clear, up-to-date and accessible information on the major theoretical and empirical issues in health psychology. There are four new chapters and the one on health promotion is particularly impressive. The book now seems suited not only to health psychology students but also for those in allied professions such as physiotherapists, nurses, dieticians, physicians and medical students." Ad A. Kaptein, Professor of Medical Psychology, Leiden University Medical Centre, the Netherlands "This thought-provoking book is in tune with students' questions about health psychology and places the student at the centre of knowledge dissemination." Dr Catherine Sykes, Team Leader in Health Psychology, City University, London "Jane Ogden manages to write in an uncomplicated manner but without doing injustice to the complexities of the theories and research being described. She provides good historical and societal contexts for the different strands of research, so students can appreciate the relevance of Health Psychology in and for the real world." Roger Ingham, Professor of Health and Community Psychology, University of Southampton "Jane Ogden's Health Psychology is an impressive introduction to the field. The book is suitable for students of all backgrounds wishing to gain a comprehensive introduction to the exciting field of health psychology. The chapters are clearly organized and integrate the latest international research findings into an easy to read and well illustrated textbook." Keith J Petrie, Professor of Health Psychology, Department of Psychological Medicine, University of Auckland Thoroughly revised to reflect recent research, theory and practice in health psychology, this market bestseller includes new coverage of topical issues such as behaviour change strategies, health inequalities, exercise dependence, caffeine use and men's health. Now organized into five sections, the book follows a health-illness continuum model, covering theory and research relating to the context of health, health beliefs and behaviours, becoming ill and being ill with the final section describing how students can learn to think more critically about all aspects of health psychology. The new edition also includes five new chapters: Health inequalities - depicts health variation by gender, social class and geography and describes possible explanations for this Health promotion - describes a wide range of theories and strategies used to change behaviour including CBT, motivational interviewing, relapse prevention, fear appeals and the use of technology Health access - examines patient contact with health professionals, with a focus on help seeking behaviour (and delay), screening, communication and adherence Men's health - explores gender differences in life expectancy and causes of mortality, men's health related behaviours, their health beliefs, social norms of masculinity and emotional expression Being critical - offers a detailed analysis of how to be more

critical, with a focus on thinking about theory, constructs, methodology and measurement Many brand new examples are introduced, covering: post traumatic stress symptoms, exercise and Chronic Fatigue Syndrome, post traumatic growth and benefit finding, measurement issues for adherence, eating, exercise, social support and coping, visualization and illness cognitions and the response shift. Health Psychology 5th edition is essential reading for all students and researchers of health psychology. It will also be invaluable to students of medicine, nursing and allied health. An Online Learning Centre website www.openup.co.uk/ogden accompanies this edition with useful materials for students of health psychology and their lecturers, including PowerPoint presentations, artwork and a new Testbank.

Textbook of Obesity is designed to cover all of the essential elements concerning the etiology, prevention and treatment of obesity suitable for students in nutrition, dietetics and health science courses. Providing core knowledge for students is an essential and urgent requirement to ensure that those graduating will be properly equipped to deal with the high prevalence of overweight and obesity, currently affecting almost two-thirds of the population of the USA and with prevalence in much of the rest of the world rapidly catching up. This landmark text is organized into 5 parts comprising 27 chapters, each carefully written in a user-friendly style by experts in the area. Part I helps the reader to understand the scope and complexity of the problem of obesity. Part II focuses on obesity etiology. Part III examines the health consequences of obesity for both children and adults. Part IV discusses the challenge of assessing obesity in humans and offers insights into community factors that influence the risk of obesity. Finally, Part V dedicates 13 chapters to a discussion of a wide variety of obesity prevention and treatment interventions that are currently in use. Textbook of Obesity is an essential purchase for students and the many health professionals dealing with obesity on a day-to-day basis. A dedicated companion website features an extensive bank of questions and answers for readers to test their understanding, and all of the book's illustrations for instructors to download:

www.wiley.com/go/akabas/obesity

The prevalence of obesity has now reached such proportions that in many parts of the world it is one of the most dominant health problems. Obesity leads to a number of serious diseases such as type 2 diabetes, cardiovascular disease, hypertension, stroke and cancer as well as psychological problems and a poor quality of life. Obesity research is now very active and understanding of the disease has greatly increased. The International Textbook of Obesity offers a definitive coverage of the area looking at epidemiology, causes, current research and management. * Gives an up to date account of the field * Edited by a leading expert in the area * Contributions from an impressive array of authors including many from young researchers giving new perspectives on the issues This will be a lasting reference for a wide range of academic and professional health care workers, including obesity research specialists, diabetologists, nutritionists, practising physicians and endocrinologists.

Examines the biological, psychological, and sociocultural influences on eating behaviors Psychology of Eating provides a multi-disciplinary overview to the study of eating; it examines current research in biology, nutrition, psychology, and more. The text's balance of major theories, historical and current research, and real-life examples enables students to understand and interact with the material presented. MySearchLab is a part of the Rowland program. Research and writing tools, including access to academic journals, help students explore the Psychology of Eating in even greater depth. To provide students with flexibility, students can download the eText to a tablet using the free Pearson eText app. This title is available in a variety of formats - digital and print. Pearson offers its titles on the devices students love through Pearson's MyLab products, CourseSmart, Amazon, and more.

Early detection and treatment of the metabolic syndrome (MBS) aims at primary and secondary prevention of type 2 diabetes, cardiovascular disease (hypertension, coronary heart disease, stroke, intermittent claudication) and possibly also depression and Alzheimer's disease.

While government and nutritional agencies still spout the failed mantra of calorie reduction, doctors treating diabetes and obesity are experiencing extraordinary results among patients cutting out carbs; a diet which has the essential benefit of allowing you to lose weight without ever feeling hungry. With forensic journalistic rigour and in compelling prose, world authority Gary Taubes analyses the bad science behind our nutritional dogma. He shows that weight gain is driven by genetic, hormonal factors - and not overeating or 'gluttony' as is commonly the underlying suggestion - citing compelling evidence that people with the propensity to fatten easily can be helped best by a low carbohydrate high fat diet. This groundbreaking read offers hope to anyone wishing to prevent or reverse diabetes or obesity - as well as anyone wanting to eat more healthily - and will fundamentally change our habits around food forever.

Após um século de concepções equivocadas sobre dieta, controle de peso e saúde, "Em defesa da dieta cetogênica" revoluciona o modo de pensar o nosso organismo. Coloca em xeque ideias preconcebidas acerca da alimentação e prevenção das doenças que mais matam hoje, e mostra por que a dieta cetogênica (pobre em carboidratos e rica em gorduras) é a chave para se perder peso – de uma vez por todas.

Teaching adolescents and learning from them is the paradigm elaborated throughout this second edition of Adolescents in the Internet Age. The premise is based upon four assumptions: (1) Adolescents have unique experiences that qualify them as the most credible source on what growing up is like in the current environment; (2) Adolescents are more competent than many adults with tools of technology that will be needed for learning in the future; (3) Adolescents and adults can support mutual development by adopting the concept of reciprocal learning; and (4) The common quest of adolescents to gain adult identity could be attained before employment. Expectations are the theme for every chapter. The reason expectations are so important is because they influence goals, determine priorities, and are used to evaluate progress and achievements of individuals and institutions. When teacher expectations correspond with the abilities and interests of students, achievement and satisfaction are common outcomes. In contrast, if teachers expect too little, student potential can be undermined. There is also concern if expectations that students have for themselves surpass their abilities. This occurs if teachers do not inform students about their deficits. Multitasking, doing too many things at the same time, detracts from productivity. Sharing accountability depends upon complimentary and attainable expectations that can be met by students, teachers, and parents. To support appropriate expectations, this book for secondary teachers and high school students seeking a broader understanding of their own generation is organized in four parts about aspects of learning and development. (1) Identity expectations introduce traditional perspectives on adolescence, changes related to sources of learning, evolving emphasis of schools, and ways to support motivation, goal setting, and formation of identity. (2) Cognitive expectations examine mental abilities, academic standards, emergence of the Internet as a learning tool, development of media

literacy, creative problem solving, and encouragement of higher order thinking skills. (3) Social expectations explore the need for giving greater attention to social development, importance of teamwork skills, involvement with social networking, adoption of civil behavior, school safety, and values as a basis for ethical behavior and character. (4) Health expectations center on decisions that influence physical health, well-being, and lifestyle choice. Consideration is given to stress management, emotional intelligence, and risk assessment strategies for individual teenagers and the schools that they attend.

Textbook of Obesity Biological, Psychological and Cultural Influences John Wiley & Sons

Generalized anxiety disorder is also known as neurotic anxiety. This text focuses on personality characteristics that may generate and maintain anxiety symptoms. It bridges the gap between popular psychology titles and graduate-level textbooks, as it comprehensively presents information with a generous use of easy to understand examples and encouraging dialogue. The book presents as a mystery that poses an intriguing question: What if anxiety symptoms aren't merely the effect of some cause, but also personality-based and purposeful means to achieve goals?

Global Handbook on Noncommunicable Diseases and Health Promotion David V. McQueen, editor A scan of health challenges around the globe readily brings to mind a range of infectious illnesses, from HIV to influenza. Yet chronic non-contagious conditions--heart disease, asthma, diabetes, cancer--are more prevalent, and their rates soaring, across the developed and developing worlds. The Global Handbook on Noncommunicable Diseases and Health Promotion is an important resource for understanding and approaching chronic illnesses and their prevention. This timely text balances theory and strategies to provide an integrative context for health-affecting behaviors regarding tobacco use, food choices, and physical activity. Coverage expands on current medical/clinical public health perspectives, arguing that closer attention to social context is crucial to better use of health resources and more relevant preventive efforts. Possible roles for hospitals, the workplace, government agencies, NGOs, and other institutions are analyzed, as is the potential for addressing larger underlying health factors (e.g., inequities and poverty) at the societal level. Topics covered include: The nature of causality: beyond traditional evidence Learning from the social sciences in chronic disease health promotion Contextual factors in health and illness Understanding and applying a social determinants of health framework for addressing NCDs Public health, NCDs, health promotion and business partnering NCDs and civil society: a history and a roadmap As the authors of the Global Handbook on Noncommunicable Diseases and Health Promotion make abundantly clear, opportunities are as numerous as the issues, and researchers and graduate students in global public health, health promotion, and chronic disease epidemiology will find these chapters positive and realistic.p>

Ethical beliefs, direct personal experiences, and the knowledge we accumulate from sources such as TV dramas, magazines and social media all shape our ideas about health and wellbeing. In this highly engaging new book, Colin Goble and Natasha Bye-Brooks bring the focus to young people, particularly adolescents, and explore the main challenges in creating and maintaining a society where young people can thrive, both physically and mentally. Tackling issues such as nutrition, sexual health, disability and substance misuse, the book provides an in-depth examination of the key concepts and theoretical perspectives surrounding health and wellbeing. Topics covered include: • Adolescence as a life stage, with particular focus on psychological, behavioural, social and cultural development and the concept of the 'teenager' • The impact of environmental issues such as poverty, poor housing and lack of access to green spaces on young people's health and wellbeing • Acute mental health problems in young people, such as anorexia nervosa, schizophrenia and Obsessive Compulsive Disorder • The sexualisation of young people, and identifying sexually vulnerable young people • The impact of poor nutrition and low levels of physical activity, combined with the socially-influenced body image Clear, concise and highly accessible, Health and Wellbeing for Young People provides an invaluable introduction to the key issues and debates that relate to the health and wellbeing of young people, both in the UK and beyond.

The second Canadian edition of Health Psychology: Biopsychosocial Interactions integrates multidisciplinary research and theory to help students understand the complex connections between psychology and health. This comprehensive yet accessible textbook covers the biopsychosocial factors that impact human health and wellness, placing particular emphasis on the distinctive characteristics of the Canadian health care system, the issues and challenges unique to Canadian culture, and the most recent Canadian research in the field of health psychology. Clear, student-friendly chapters examine topics such as coping with stress and illness, lifestyles for enhancing health and preventing illness, managing pain and discomfort, getting medical treatment, and living with chronic illness. This fully revised second edition features the latest available data and research from across Canada and around the world. New and expanded chapters explore psychosocial factors in aging and dying, legalized marijuana use in Canada, the link between inflammation and depression, Canadian psychosocial models of pain, recent Medical Assistance in Dying (MAiD) legislation, weight control, eating disorders, and exercise, and much more. Throughout the text, updated illustrative examples, cross-cultural references, and real-world cases reinforce key points and strengthen student comprehension, retention, and interest.

This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site. Please note that the online publication date for this handbook is the date that the first article in the title was published online.

The Obesity: Multiple Choice Questions" Third Edition is a succinct book that provides a plethora of multiple-choice questions. This manuscript aims to provide a tool for healthcare providers to learn about the challenging problem of obesity. Significant changes and new content is added based on current trends. The book's simple format makes

the subject easy to understand. Short critique and citations follow most questions. Much work is being done to cover the most important and relevant topics. Health Care providers preparing for obesity exams will find it as a useful teaching aid. Many questions are based on clinical problems faced by clinicians treating obesity and related disorders in their day to day practices. We are hopeful that this book will bring new insights and help develop future physicians who are capable of addressing the obesity epidemic and the challenges it brings.

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

Preceded by Textbook of family medicine / Ian R. McWhinney, Thomas Freeman. 3rd edition. 2009.

Childhood obesity has tripled in the United States since the 1970s, leaving many of America's children vulnerable to long-term physical and mental health issues. In an attempt to understand what is responsible for these swelling statistics, a number of health professionals, school administrators, government officials, and cultural experts have examined the possible culprits. This informative edition explores a number of those perspectives, urging readers to use essays and articles as the basis for further inquiry and individual assessment. This book examines the role of government, the responsibilities of parents, the health care costs of childhood obesity, fast food and food marketing, as well as physical activity as it relates to childhood obesity.

Now in its fifth edition, the Textbook of Diabetes has established itself as the modern, well-illustrated, international guide to diabetes. Sensibly organized and easy to navigate, with exceptional illustrations, the Textbook hosts an unrivalled blend of clinical and scientific content. Highly-experienced editors from across the globe assemble an outstanding set of international contributors who provide insight on new developments in diabetes care and information on the latest treatment modalities used around the world. The fifth edition features an array of brand new chapters, on topics including: Ischaemic Heart Disease Glucagon in Islet Regulation Microbiome and Diabetes Diabetes and Non-Alcoholic Fatty Liver Disease Diabetes and Cancer End of Life Care in Diabetes as well as a new section on Psychosocial aspects of diabetes. In addition, all existing chapters are fully revised with the very latest developments, including the most recent guidelines from the ADA, EASD, DUK and NICE. Includes free access to the Wiley Digital Edition providing search across the book, the full reference list with web links, illustrations and photographs, and post-publication updates Via the companion website, readers can access a host of additional online materials such as: 200 interactive MCQ's to allow readers to self-assess their clinical knowledge every figure from the book, available to download into presentations fully searchable chapter pdfs Once again, Textbook of Diabetes provides endocrinologists and diabetologists with a fresh, comprehensive and multi-media clinical resource to consult time and time again.

Obesity is an increasing problem on a global scale, and strategies for its prevention involve experts from many disciplines including nutritionists, physicians, policy-makers and public health professionals. This book covers the latest advances in obesity development, management and prevention with specific focus on dietary interventions. Part one covers the development of obesity and key drivers for its continuation and increase. Part two looks at the role of specific dietary components in obesity management, and part three discusses the role of behavioural factors such as eating patterns in managing and preventing obesity. Part four focuses on structured dietary interventions for obesity treatment, and part five looks at public interventions and consumer issues. Reviews how different foods and diets can affect obesity management Examines various ways of preventing and treating obesity Explores how governments and industries are preventing and treating obesity

The Health Psychology Reader is designed to complement and support the recent textbook Health Psychology: Theory, Research and Practice by David F. Marks, Michael Murray, Brian Evans and Carla Willig (SAGE, 2000). It can also be used as a stand-alone resource given its didactic nature. The Reader explores key topics within the health psychology field with incisive introductions to each section by the Editor and includes a selection of the most important theoretical and empirical published work.

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