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The Handbook of Obesity Intervention for the Lifespan guides professionals in meeting this complex challenge with a multidisciplinary palette of evidence-based interventions that can be tailored to men and women across the lifespan, regardless of background. This unique reference combines salient research data and hands-on clinical applications for use with overweight patients, from the very young to the very old, and includes a "treatment resources" section with extra materials to bolster ...

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Springer Science & Business Media, Sep 23, 2007 - Medical - 538 pages. 1 Review. 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 starts by clearly defining obesity in clinical, epidemiologic, and financial terms.

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Obesity: working with local communities Vitamin D: supplement use in specific population groups Drug misuse. Coexisting severe mental illness and substance misuse: assessment and management in healthcare settings Drug misuse management in over 16s Drug misuse prevention

Obesity prevention: interventions

the health benefits and the potential effectiveness of interventions to prevent obesity, increase activity levels and improve diet (and reduce energy intake) the best practice approaches in delivering such interventions, including tailoring support to meet

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people's needs over the long term the use of motivational and counselling techniques.

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The physical activity-gearred obesity interventions of this literature review illustrate the remarkably high efficacy of physical activity in reducing obesity-related measures and increasing overall physical fitness of school-age subjects. 23 Carrel et al and Stephens and Wentz have demonstrated positive statistically significant results in adiposity and fitness measures such as BMIs, sit-and-reach flexibility, and aerobic capacity with children enrolled in short-term physical ...

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School-Based Obesity Interventions: A Literature Review ...

For overweight we used a combination of MeSH terms as follows: overweight OR obesity OR pediatric obesity. Diet [MeSH] OR diet, food and nutrition [MeSH] were used for diet and exercise [MeSH] OR physical activity for exercise and behavior therapy [MeSH].

Interventions for obesity among schoolchildren: A ...
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