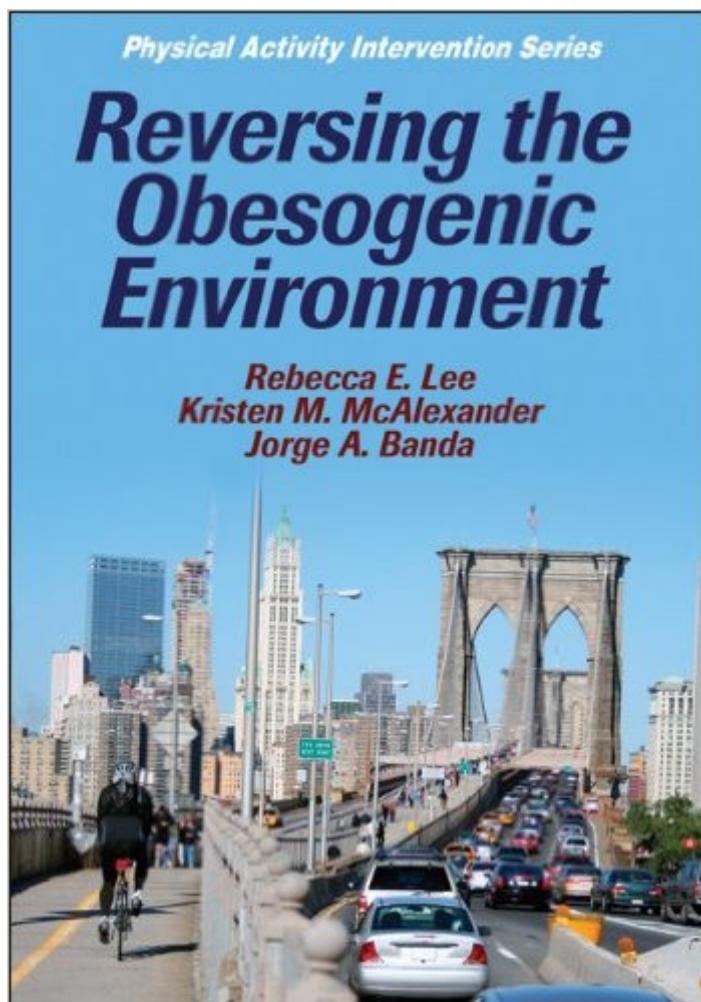


The book was found

Reversing The Obesogenic Environment (Physical Activity Intervention)



Synopsis

Obesity has become a global crisis. Although most would agree that eating better and being more physically active are the answer to the problem, researchers have recently become aware that the problem goes beyond just changing individual behaviors. We can convince people of the benefits of healthful eating and regular physical activity, but what happens when they go home to a neighborhood where fresh vegetables are not available and opportunities for physical activity are hard to find? If the environment doesn't help support healthy lifestyles, the change will be next to impossible to sustain. In *Reversing the Obesogenic Environment*, leading researchers Lee, McAlexander, and Banda introduce the concept of the obesogenic environment "an environment that leads people to become obese" and explore ways that changing our environment can encourage healthier choices. Although most of the current literature focuses on the food supply and dietary habits, *Reversing the Obesogenic Environment* takes a broader view of the current obesity problem. It looks at all of the elements that combine to create the obesogenic environment:

- The ways that the built environment, access to resources, and active transportation systems can either foster or discourage regular physical activity
- The multiple factors that encourage consumption of calorie-laden, nutritionally inadequate foods that can lead to obesity
- The positive and negative impact of public policy
- The influence of family, culture, socioeconomic status, and other social factors on an individual's health behaviors as well as access to physical activity opportunities and healthier food options
- The role that media and marketing play in food purchasing decisions

With *Reversing the Obesogenic Environment*, readers will get a cutting-edge view of this emerging body of research with applications that can be realistically implemented in their communities. The book goes beyond defining the issues that contribute to the obesity epidemic; it offers tools that will help practitioners start to reverse it. Throughout the book, the authors incorporate practical recommendations based on the latest research. Sample programs and policies, checklists, and potential solutions offer readers a starting point for changes in their own communities. The obesity epidemic is a multifaceted issue influenced by factors ranging from international trade and national policy to individual behaviors. Reversing the problem will take coordinated multilevel efforts. These efforts may take years to come to fruition, but it isn't too late to take action. *Reversing the Obesogenic Environment* is the ideal guide to taking the first steps toward change. *Reversing the Obesogenic Environment* is part of the Physical Activity Intervention Series (PAIS). This timely series provides educational resources for professionals interested in promoting and implementing physical activity and health promotion programs to a diverse and often-resistant population. v

Book Information

Series: Physical Activity Intervention

Paperback: 248 pages

Publisher: Human Kinetics; 1 edition (March 2, 2011)

Language: English

ISBN-10: 0736078991

ISBN-13: 978-0736078993

Product Dimensions: 7 x 0.7 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #694,600 in Books (See Top 100 in Books) #33 inÂ Books > Medical Books > Medicine > Internal Medicine > Bariatrics #294 inÂ Books > Textbooks > Medicine & Health Sciences > Research > Epidemiology #465 inÂ Books > Medical Books > Administration & Medicine Economics > Public Health > Epidemiology

Customer Reviews

Is very interesting with a different view of obesity!

A little outdated but still good!

[Download to continue reading...](#)

Reversing the Obesogenic Environment (Physical Activity Intervention) Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs

Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox)

Ramadan and Fasting Activity Book (Discover Islam Sticker Activity Books) Amazing Minecraft

Math: Cool Math Activity Book for Minecrafters (Minecraft Activity Books) (Volume 1) Minecraft

Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric

Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) Occupation-Based

Activity Analysis (Thomas, Occupation-Based Activity Analysis) A Guide to Crisis Intervention (HSE 225 Crisis Intervention) Crisis Intervention Strategies (HSE 225 Crisis Intervention) Elements of

Crisis Intervention: Crisis and How to Respond to Them (HSE 225 Crisis Intervention) Bullying

Prevention and Intervention: Realistic Strategies for Schools (The Guilford Practical Intervention in the Schools Series) Intervention Strategies to Follow Informal Reading Inventory Assessment: So

What Do I Do Now? (3rd Edition) (Response to Intervention) Executive Skills in Children and Adolescents, Second Edition: A Practical Guide to Assessment and Intervention (The Guilford Practical Intervention in the Schools Series) Children at Risk: Assessment, Longitudinal Research, and Intervention (Prevention and Intervention in Childhood and Adolescence) Crisis and Trauma: Developmental-ecological Intervention (Crisis Intervention) American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life Introduction to Kinesiology With Web Study Guide-4th Edition: Studying Physical Activity Research Methods in Physical Activity-7th Edition Planet Health - 2nd Edition: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity Inclusive Physical Activity-2nd Edition

[Dmca](#)