



# **Obesity: A Reference Handbook, 2nd Edition (Contemporary World Issues)**

*Judith S. Stern, Alexandra Kazaks*

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Obesity has reached epidemic proportions in countries like the United States. This book provides a comprehensive summary of obesity in America and around the world, discussing the causes and proposing ways to help stem the tide and to help those who are overweight.

- Provides clear, easy-to-understand, and useful information for general readers who want to learn more about the history and current events concerning obesity
- Includes a Perspectives chapter that enables readers to hear voices from a range of individuals who are concerned with obesity, such as medical professionals and fat acceptance activists
- Presents real-world strategies and solutions that readers can apply and benefit from in their own lives
- Includes excerpts of key documents from the National Institutes of Health; the National Heart, Lung, and Blood Institute; and the U.S. Surgeon General that inform how we as a society view, prevent, and treat obesity

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