

Bmi For Facebook

Walter Willett, Malissa Wood

What We Don't Talk About When We Talk About Fat Aubrey Gordon, 2020-11-17 From the creator of Your Fat Friend and co-host of the Maintenance Phase podcast, an explosive indictment of the systemic and cultural bias facing plus-size people. Anti-fatness is everywhere. In *What We Don't Talk About When We Talk About Fat*, Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus-sized people's experiences. Unlike the recent wave of memoirs and quasi self-help books that encourage readers to love and accept themselves, Gordon pushes the discussion further towards authentic fat activism, which includes ending legal weight discrimination, giving equal access to health care for large people, increased access to public spaces, and ending anti-fat violence. As she argues, "I did not come to body positivity for self-esteem. I came to it for social justice." By sharing her experiences as well as those of others—from smaller fat to very fat people—she concludes that to be fat in our society is to be seen as an undeniable failure, unlovable, unforgivable, and morally condemnable. Fatness is an open invitation for others to express disgust, fear, and insidious concern. To be fat is to be denied humanity and empathy. Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes; 27% of very fat women and 13% of very fat men attempt suicide; over 50% of doctors describe their fat patients as "awkward, unattractive, ugly and noncompliant"; and in 48 states, it's legal—even routine—to deny employment because of an applicant's size. Advancing fat justice and changing prejudicial structures and attitudes will require work from all people. *What We Don't Talk About When We Talk About Fat* is a crucial tool to create a tectonic shift in the way we see, talk about, and treat our bodies, fat and thin alike.

Comorbidity of Substance Use Disorders With Mental Health Disorders Christopher Jonathan Evans, Rita J. Valentino, David Belin, 2022-05-06

Lifestyle Is Driving Us Toward Impending Demise A. Cyrus Tahernia, 2013-11 Lifestyle Is Driving Us toward Impending Demise General: This book is comprised of fifteen up-to-date chapters, prologue, epilogue, and appendix. This manuscript discusses many important and contemporary hot topics, such as obesity, dietary regimen, exercise, health-care system, texting while driving, immigration, and airport dilemmas. This book also entails topics, such as insomnia, sleep deprivation, somnambulism, sex, and money. Chapter 1: Obesity. This chapter entitled Obesity covers extensively the epidemiology, prevalence in the USA, classification, and identification of obesity in children and adults. It describes primary obesity vs. secondary, lifelong obesity vs. adult-onset obesity and gradual weight reduction via behavior changes, diet, and exercise. This book also illustrates the differential diagnosis of childhood's obesity and its dire consequences. The role of genetic, central nervous system, and endocrine gland deficiencies is discussed. The problem of obesity epidemic with its catastrophic consequences is displayed. The strong behavior changes (willpower) are discussed in detail. Definition, etiology, pathogenesis of obesity, and deleterious effect of sedentary life are described thoroughly. The importance of body mass index

(BMI) and waist circumference size is described in detail. Waist reflects the amount of visceral fat each individual carries and may be a better prediction of obesity than BMI. The important cause of obesity in the USA, such as sedentary life, excessive caloric intake, and lack of willpower, is discussed in detail. Finally, the prevention and management of obesity are explored. Chapter 2: Food and Dietary Regimen. This chapter discusses the benefit of Mediterranean diet including olive oil. In this chapter, the good, the bad cholesterol, triglyceride, organic vs. genetic engineering food as well as antioxidant foods are discussed in detail. This chapter also describes in detail the role of saturated, polyunsaturated, and monounsaturated fats on our health. The consistency and moderation are emphasized. The importance and deleterious effect of high- caloric intake and loaded good fats is illustrated. The size of daily food matters greatly. The role of fiber and the presence of toxic substance in processed food and harmfulness of fried food are described. The difference between vegan vs. vegetarian diets and its pros and cons are discussed. The role and importance of guidelines on healthier meals in school cafeteria are emphasized. The advantageous role of nuts and berry families is explored. This chapter also describes the daily amount of caloric intake, calcium, vitamin D, salt, and percentage of daily caloric intake of protein, carbohydrate, and fat are discussed. The daily percentage of different fats in diet is also described. The deleterious effect of sugary and salty food is emphasized. The amount of daily caloric intake in different race, ethnicity, and gender groups is illustrated. This chapter also entails a description of trans fat, omega-3 and omega-6 fatty acid and its effect on our health. Finally, this chapter concludes with Eat less, Live Longer and Eat to Live, Not Live to Eat. Chapter 3: Exercise. This chapter illustrates the importance of physical activity and exercise as well as deleterious effect of sedentary life and sitting. It describes isometric (resistance) and dynamic (aerobic) exercises. The beneficial effect of aerobic exercise for cardiovascular system health and resistance exercise in older population are discussed. The different physical activity vs. caloric expenditure is illustrated. Lifestyle interventions and physical activity are elucidated. This chapter, via some tables, describes the intensity, time spent, and different physical activity exclusively. The value of target heart rate in adolescents and adult exercises are delineated. The critical importance of physical acti

Decision Support Systems and Education J. Mantas,Z. Sonicki,M. Crişan – Vida,2018-10-18 Medical informatics has revolutionized healthcare in recent years, and one of the major challenges now faced by health professionals everywhere is the further improvement of healthcare by making more effective use of the data from biomedical informatics, not least for education and decision support. This book presents the 52 full papers (accepted from 95 initial submissions) delivered at the Special Topic Conference of the European Federation for Medical Informatics (EFMI STC 2018), held in Zagreb, Croatia, on 15 and 16 October 2018. The EFMI STC is one of Europe`s leading conferences for the sharing of current professional and scientific knowledge in health informatics processes, and the topics covered here have been broadly divided into two sections; decision support and education. Offering an overview of current medical informatics research, this book will undoubtedly prove invaluable for the professional development of healthcare practitioners, as well as contributing to knowledge sustainability within the field of

medical informatics.

Tackling Obesity and Overweight Matters in Health and Social Care Ruth Chambers, Paula Stather, 2022-07-25 This practical guide helps health or social care professionals across all settings to understand how important it is to prevent and manage their service users' overweight and obesity, and motivate them to achieve and maintain a healthy weight, so reducing their risk of associated health conditions such as diabetes and now COVID-19. Obesity and associated health problems represent a growing health burden around the world, with rates throughout Europe increasing sharply over the last forty years, second only to the United States and closely followed by many nations in Asia. The book will be an invaluable manual for general practice, primary care and community clinicians, practice and community nurses and dietitians and a go-to reference for health professionals across all medical specialties and related support services, as well as medical education, public health and social care worker professionals.

Thinfluence Walter Willett, Malissa Wood, 2014-05-13 How to recognize and combat the external factors that cause weight gain and make it difficult to lose weight Tackling a weight problem is often viewed as a personal responsibility that requires making healthier choices. The latest research, however, shows that external factors—from family and friendships to advertising and the workplace environment—have an equal, if not greater, impact on America's growing waistline. Just look at the stats: A person's chance of becoming obese increases by 57 percent if a close friend is obese, 40 percent if a sibling is obese, and 37 percent if a spouse is obese. That's where Thinfluence comes in. Through a research-based examination of the various social, environmental, and policy-based issues that are influencing the nation's health, Harvard researchers Dr. Walter Willett and Dr. Malissa Wood examine how relationships, workplace, media, and other factors are affecting readers' weight. The book offers a clear three-step action plan—analyze, act, influence—for readers to identify hidden factors affecting weight, develop a personal toolbox to combat external effects, and become positive influences on others around them. Thinfluence doesn't tell readers to ditch their friends and family, change jobs, or move to another state. It helps them identify barriers to weight loss success and arms them with the tools to overcome these negative forces. This book takes a fresh look at today's weight control discussion, taking it where it has seldom gone before: outside of the individual.

Business Model Innovation Nicolai J. Foss, Tina Saebi, 2015 This volume examines the organisational dimension of business model innovation. Drawing on organisational theory and empirical observation, the contributors specifically highlight organisational design aspects of business model innovation, focusing on how reward systems, power distributions, routines and standard operating procedures, the allocation of authority, and other aspects of organisational structure and control should be designed to support the business model the firm chooses.

Handbook of Obesity Treatment Thomas A. Wadden, George A. Bray, 2018-06-25 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.

Social media and the development of eating disorders among young women. Beauty ideals on Facebook and Instagram Jacqueline Ammer, 2022-02-07 Document from the year 2020 in the subject Sociology - Gender Studies, , language: English, abstract: Social media such as Facebook or Instagram have become an integral part of our society. For teenagers and young adults in particular, they are an integral part of everyday life. However, social media is no longer just about exchanging information with social contacts. The platforms also serve to present oneself and form opinions about body ideals. It is not uncommon for these ideals of beauty to contribute to distorted body perception and a negative body self-image. As Jacqueline Ammer shows in her publication, young women in particular try to live up to ideals and as a result develop eating disorders. But is this development really related to social networks? Ammer deals with the influence of Facebook and Instagram on the eating behavior of young women aged 15 to 25. Basically, significantly more young women than men suffer from eating disorders, especially between the ages of 15 and 24. In her book, Jacqueline Ammer makes it clear how closely the ideal female body is linked to slimness. From the content: - obsession with thinness; - diet; - mental health; - self-awareness; - self-esteem

Washington Information Directory 2023-2024 CQ Press, 2023-10-03 The Washington Information Directory (WID) is a topically organized reference resource that lists contact information for federal agencies and nongovernmental organizations in the Washington metro area along with a brief paragraph describing what each organization does related to that topic. In addition, WID pulls together 55 organization charts for federal agencies, congressional resources related to each chapter topic, hotline and contact information for various specific areas of interest (from Food Safety Resources to internships in Washington), and an extensive list of active congressional caucuses and contact details. WID has two appendices, one with thorough information on congresspersons and committees, and the second with governors and embassies.

Scientific and Technical Aerospace Reports ,1981 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database.

Washington Information Directory 2020-2021 CQ Press,2020-06-26 The Washington Information Directory (WID) is a topically organized reference resource that lists contact information for federal agencies and nongovernmental organizations in the Washington metro area along with a brief paragraph describing what each organization does related to that topic. In addition, WID pulls together 55 organization charts for federal agencies, congressional resources related to each chapter topic, hotline and contact information for various specific areas of interest (from Food Safety Resources to internships in Washington), and an extensive list of active congressional caucuses and contact details. WID has two appendices, one with thorough information on congresspersons and committees, and the second with governors and embassies.

Washington Information Directory 2021-2022 CQ Press,2021-07-15 The Washington Information Directory (WID) is a topically organized reference resource that lists contact information for federal agencies and nongovernmental organizations in the Washington metro area along with a brief paragraph describing what each organization does related to that topic. In addition, The Washington Information Directory pulls together 55 organization charts for federal agencies, congressional resources related to each chapter topic, hotline and contact information for various specific areas of interest (from Food Safety Resources to internships in Washington), and an extensive list of active congressional caucuses and contact details.

Advances in Communication Research to Reduce Childhood Obesity Jerome D. Williams,Keryn E Pasch,Chiquita A. Collins,2013-02-12 Rates of childhood obesity are alarmingly high and increasing each year. Studies have shown that obese children are more likely to become obese adults and are likely to suffer with numerous health consequences like coronary heart disease, high blood pressure, and Type II diabetes, among others. Studies also indicate that television viewing and exposure to advertising for food products influences children's attitudes toward, food preferences and food purchase requests for foods with low nutritional value. It is important to better understand the role of media in childhood obesity and to learn how media may be used to address this issue in a positive way. This book focuses on communication and media research that can have an impact on reducing childhood obesity. Emphasis is placed on topics related to how the media communicate health-related messages about food, nutrition and diet that influence childhood obesity. Particular emphasis is on the new media, given the fact that media now have more central roles in socializing today's children and youth than ever before. Advertising and marketing messages reach young consumers through a variety of vehicles – broadcast and cable television, radio, magazines, computers through the Internet, music, cell phones – and in many different venues – homes, schools, child-care settings, grocery stores, shopping malls, theaters, sporting events, and even airports. In addition, given the disparity in obesity rates between children of color and the general population, special attention is given to research on media targeting these populations.

Food and Drink in American History [3 volumes] Andrew F. Smith, 2013-10-28 This three-volume encyclopedia on the history of American food and beverages serves as an ideal companion resource for social studies and American history courses, covering topics ranging from early American Indian foods to mandatory nutrition information at fast food restaurants. The expression you are what you eat certainly applies to Americans, not just in terms of our physical health, but also in the myriad ways that our taste preferences, eating habits, and food culture are intrinsically tied to our society and history. This standout reference work comprises two volumes containing more than 600 alphabetically arranged historical entries on American foods and beverages, as well as dozens of historical recipes for traditional American foods; and a third volume of more than 120 primary source documents. Never before has there been a reference work that coalesces this diverse range of information into a single set. The entries in this set provide information that will transform any American history research project into an engaging learning experience. Examples include explanations of how tuna fish became a staple food product for Americans, how the canning industry emerged from the Civil War, the difference between Americans and people of other countries in terms of what percentage of their income is spent on food and beverages, and how taxation on beverages like tea, rum, and whisky set off important political rebellions in U.S. history.

Promotion and Marketing Communications Umut Ayman, Anil Kemal Kaya, 2020-07-08 This edited Promotion and Marketing Communications book is an original volume that presents a collection of chapters authored by various researchers and edited by marketing communication professionals. To survive in the competitive world, companies feel an urge to achieve a competitive advantage by applying accurate marketing communication tactics. Understanding marketing communication is an essential aspect for any field and any country. Hence, in this volume there is the latest research about marketing communication under which marketing strategies are delicately discussed. This book does not only contribute to the marketing and marketing communication intellectuals but also serves different sector company managerial positions and provides a guideline for people who want to attain a career in this field, giving them a chance to acquire the knowledge regarding consumer behavior, public relations, and digital marketing themes.

Energy Research Abstracts , 1986

Social Media and the Good Life Mark Y. Herring, 2015-06-15 Social media have accelerated communication, expanded business horizons and connected millions of individuals who otherwise would never have met. But not everything social media touch turns to gold--much of it is brass. Social networking sites are used by scammers, criminals and sexual predators, and many people now self-diagnose illness based on misinformation shared online. Businesses make great claims about social media as a marketing tool but few show any real returns. We communicate through social media but are we really saying anything? Is social media doomed to be a conduit of narcissism or can it become a channel for responsible communication? Can social networking overcome its manifold violations of privacy? Must we sacrifice our identities in order to tweet or friend our associates? This book examines some of the legal and ethical issues surrounding social media, their impact on civil discourse and their role in suicides, murders and

criminal enterprise.

Obesity Epidemiology Frank Hu, 2008-03-21 This work offers practical information about the methodology of epidemiologic studies of obesity. The first section considers the definition and measurement of obesity and the designs of epidemiologic studies, while the next two sections address the consequences and determinants of obesity.

Finding Your Fountain of Life Walter Young, 2023-10-16 Like most of us, Walter Young has had a life journey filled with ups and downs. As a coach and athlete in his 60s, he often hears, "Workout? No I couldn't" or "Where would I begin?" or even "It's too late for me to get in shape" when speaking with others his own age. With this book, Walter is offering his own experience as a guide to your fitness, nutrition and improved health. By sharing his hard-earned life lessons, Walter's aim is to assist you in altering some of your ingrained self-perceptions and demonstrate the rewards of fearless beginnings, at any age. The objective of this book is to help you discover, or perhaps even recapture, the freedom in your body's abilities, and the countless benefits to an open mind and an unbound heart.

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