

BMI Lite

Christine L. B. Selby

Body Mass Index (BMI). , Presents information on the body mass index (BMI), a ratio between weight and height. Offers an interactive form for determining one's BMI and notes exceptions, such as pregnant women and growing children. Contains a BMI chart and information on improving health. Links to other health-related sites.

Body Mass Index and Health Linda A. Ferrera,2005 The Federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults have defined overweight as a body mass index value between 25 and 29.9; and obesity as a body mass index value greater than or equal to 30. BMI is a ratio between weight and height. It is a mathematical formula that correlates with body fat, used to evaluate if a person is at an unhealthy weight (given a certain height). BMI value is more useful for predicting health risks than the weight alone (for adults ages 18 and up). Individuals with high BMI's are at increased risk of developing certain diseases, including: Hypertension, Cardiovascular Disease, Dyslipidemia, Adult-Onset Diabetes (Type II), Sleep Apnea, Osteoarthritis, Female Infertility, and other Conditions, including: idiopathic intracranial hypertension lower extremity venous stasis disease, gastroesophageal reflux and urinary stress incontinence. This new book gathers research from around the world in the critical field of obesity research and its effects.

Obesity Eric Dillon,2009-06-26 Obesity is a growing problem in the United States and abroad. Increasing numbers of children and adults are suffering from diabetes, heart disease, high cholesterol, and an array of other illnesses stemming from obesity. Some researchers believe that obesity is the result of a combination of genetic, environmental, and psychological factors. This anthology debates the causes of obesity, the extent to which it is a problem, and the measures taken to combat it.

Focus on Body Mass Index and Health Research Linda A. Ferrera,2006 The Federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults have defined overweight as a body mass index value between 25 and 29.9; and obesity as a body mass index value greater than or equal to 30. BMI is a ratio between weight and height. It is a mathematical formula that correlates with body fat, used to evaluate if a person is at an unhealthy weight (given a certain height). BMI value is more useful for predicting health risks than the weight alone (for adults ages 18 and up). Individuals with high BMI's are at increased risk of developing certain diseases, including: Hypertension, Cardiovascular Disease, Dyslipidemia, Adult-Onset Diabetes (Type II), Sleep Apnea, Osteoarthritis, Female Infertility, and other Conditions, including: idiopathic intracranial hypertension lower extremity venous stasis disease, gastroesophageal reflux and urinary stress incontinence. This new book gathers research from around the world in the critical field of obesity research and its effects.

The Obesity Myth Paul F. Campos,2004 An exploration of America's self-defeating war on obesity argues against the myth that falsely equates thinness with health and explains why dieting is bad for the health and how the media misinform the public.

The Obesity Paradox Carl J. Lavie, M.D.,2014-04-03 Robert Lustig changed the national conversation about fat. Now, a pioneer in “obesity paradox” research delivers a message that everyone who struggles to shed so-called excess weight will want to hear. After research uncovered that overweight and even moderately obese people with certain chronic diseases often live longer and fare better than their normal weight counterparts, Carl Lavie, MD, realized that being moderately fit is more important for good health than having a low body mass index. Sharing the science behind these recent findings, The Obesity Paradox shows readers how to achieve what’s really important: maximum health—not minimum weight.

Body Mass Index Linda A. Ferrera,2005 The Federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults have defined 'overweight' as a body mass index value between 25 and 29.9; and 'obesity' as a body mass index value greater than or equal to 30. BMI is a ratio between weight and height. It is a mathematical formula that correlates with body fat, used to evaluate if a person is at an unhealthy weight (given a certain height). BMI value is more useful for predicting health risks than the weight alone (for adults ages 18 and up). Individuals with high BMI's are at increased risk of developing certain diseases, including: Hypertension, Cardiovascular Disease, Dyslipidemia, Adult-Onset Diabetes (Type II), Sleep Apnea, Osteoarthritis, Female Infertility, and other Conditions, including: idiopathic intracranial hypertension lower extremity venous stasis disease, gastroesophageal reflux and urinary stress incontinence. This new book gathers research from around the world in the critical field of obesity research and its effects.

Handbook of Assessment Methods for Eating Behaviors and Weight-Related Problems David B. Allison,David Bradley Allison,Monica L. Baskin,2009-07-10 This handbook is a comprehensive collection of measures and assessment tools intended for use by researchers and clinicians that work with people with problem eating behaviors, obese clients, and the associated psychological issues that underlie these problems.

Advances in Overnutrition Research and Treatment: 2013 Edition ,2013-06-21 Advances in Overnutrition Research and Treatment: 2013 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about ZZZAdditional Research in a concise format. The editors have built Advances in Overnutrition Research and Treatment: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about ZZZAdditional Research in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Advances in Overnutrition Research and Treatment: 2013 Edition has been produced by the world’s leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

Overweight, Obesity and Health ,

Obesity Christine L. B. Selby,2019-02-22 This book serves as an accessible resource for teens who want to learn more about obesity. The information and guidance it offers make it a valuable tool for young adult readers with questions or concerns about their weight. Obesity—represented by a BMI over 30—may be easy to define, but its causes and consequences and how individuals and agencies should address it are not as clear. Is obesity simply the result of eating more calories than one burns, or are other factors involved? Can an individual be obese and healthy? How does obesity affect psychological and social health? Are public health campaigns targeted at reducing obesity helping or hurting? Obesity: Your Questions Answered, a part of Greenwood's Q&A Health Guides series, answers these and other questions related to this high-interest topic. Each book in this series follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. The book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making.

Biomarkers in Cardiovascular Disease Vijay Nambi,2018-11-27 Get a quick, expert overview of the ways in which biomarkers can be used to assess and guide the management of cardiovascular disease in the clinical setting. This concise, clinically-focused resource by Dr. Vijay Nambi consolidates today’s available information on this rapidly changing topic into one convenient resource, making it an ideal, easy-to-digest reference for cardiology practitioners, fellows, and residents. Covers lab standards and statistical interpretation of biomarkers with a clinical focus. Discusses relevant conditions such as hypertension and diabetes as key markers of injury and prognosis. Includes current information on biomarkers to assess and guide the management of heart failure, acute coronary syndrome, chest pain, shortness of breath, and more. Concludes the book with a timely chapter on how biomarkers may guide cardiologists in the future.

Obesity James M. Rippe,Theodore J. Angelopoulos,2012-05-11 The prevalence of obesity in the United States and the rest of the industrialized world has skyrocketed in the past 20 years. Linked to heart disease, diabetes, hypertension, and metabolic syndrome, it is also the leading cause of osteoarthritis and the second leading cause of cancer. With contributions from leading experts in the field, Obesity: Prevention and

Treatment bridges the gap between emerging understanding of the pathophysiology of obesity with concrete clinical applications for physicians and other healthcare workers in all disciplines of medicine. Following an overview of issues related to the prevention and management of obesity, the book discusses: Energy balance, the metabolic predictors of weight gain, and the role of adipokines, genetics, and the environment on obesity The epidemiology of obesity The identification and evaluation of the overweight patient as a guide to the selection of treatment Nutritional aspects of obesity treatment and management Exercise risks to which the obese patient may be more prone and steps that can be taken to mitigate these risks Behavior modification strategies for the obese patient The definition, assessment, consequences, and treatment of childhood obesity Drugs and surgical options for treatment The implications of public policy on the problem of obesity The significance of intra-abdominal and ectopic fat deposition in endocrine aspects of obesity Currently, over two thirds of the adult population in the United States is either overweight or obese. With these grim statistics, it is critically important that clinicians from all branches of medicine play an active role in diagnosing and treating obesity and its related conditions. This volume arms clinicians with the information they need to create an appropriate prevention and treatment program for their patients.

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (U.S.),1998
Of evidence-based recommendations -- Introduction -- Overweight and obesity: background -- Examination of randomized controlled trial evidence -- Treatment guidelines -- Summary of recommendations -- Future research.

Perception of Weight Status in U.S. Children and Adolescents Aged 8-15 Years, 2005-2012 Neda Sarafrazi,Jeffery P. Hughes,Lori Borrud,Vicki Burt,Ryne Paulose-Ram,2014

Body Weight Status of Adults Charlotte A. Schoenborn,2002

Billboard ,1970-10-17 In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Weighted Down Helen Thompson,2014-09-29 Being overweight isn't an appearance problem. It's a health problem. Carrying around too much weight is hard on bodies. It puts stress on their organs and bones. This means people who are overweight are more likely to get heart disease, diabetes, arthritis, and certain kinds of cancer. But it's not just grownups who get these diseases from being overweight. More and more kids who are overweight are getting sick too. Being overweight is a health risk. That's why you need to take action—and this book will tell you how.

Billboard ,1986-02-22 In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

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