

Just Bmi

Matthew Wharton

Fat-Talk Nation Susan Greenhalgh,2015-06-24 In recent decades, America has been waging a veritable war on fat in which not just public health authorities, but every sector of society is engaged in constant fat talk aimed at educating, badgering, and ridiculing heavy people into shedding pounds. We hear a great deal about the dangers of fatness to the nation, but little about the dangers of today's epidemic of fat talk to individuals and society at large. The human trauma caused by the war on fat is disturbing—and it is virtually unknown. How do those who do not fit the ideal body type feel being the object of abuse, discrimination, and even revulsion? How do people feel being told they are a burden on the healthcare system for having a BMI outside what is deemed—with little solid scientific evidence—healthy? How do young people, already prone to self-doubt about their bodies, withstand the daily assault on their body type and sense of self-worth? In *Fat-Talk Nation*, Susan Greenhalgh tells the story of today's fight against excess pounds by giving young people, the campaign's main target, an opportunity to speak about experiences that have long lain hidden in silence and shame. Featuring forty-five autobiographical narratives of personal struggles with diet, weight, bad BMIs, and eating disorders, *Fat-Talk Nation* shows how the war on fat has produced a generation of young people who are obsessed with their bodies and whose most fundamental sense of self comes from their size. It reveals that regardless of their weight, many people feel miserable about their bodies, and almost no one is able to lose weight and keep it off. Greenhalgh argues that attempts to rescue America from obesity-induced national decline are damaging the bodily and emotional health of young people and disrupting families and intimate relationships. Fatness today is not primarily about health, Greenhalgh asserts; more fundamentally, it is about morality and political inclusion/exclusion or citizenship. To unpack the complexity of fat politics today, Greenhalgh introduces a cluster of terms—biocitizen, biomyth, biopedagogy, bioabuse, biocop, and fat personhood—and shows how they work together to produce such deep investments in the attainment of the thin, fit body. These concepts, which constitute a theory of the workings of our biocitizenship culture, offer powerful tools for understanding how obesity has come to remake who we are as a nation, and how we might work to reverse course for the next generation.

"You Just Need to Lose Weight" Aubrey Gordon,2023-01-10 A NEW YORK TIMES BESTSELLER AN INDIE BESTSELLER “One of the great thinkers of our generation . . . I feel fresher and smarter and happier for sitting down with her.”—Jameela Jamil, iWeigh Podcast The co-host of the Maintenance Phase podcast and creator of Your Fat Friend equips you with the facts to debunk common anti-fat myths and with tools to take action for fat justice The pushback that shows up in conversations about fat justice takes exceedingly predictable form. Losing weight is easy—calories in, calories out. Fat people are unhealthy. We're in the midst of an obesity epidemic. Fat acceptance “glorifies obesity.” The BMI is an objective measure of size and health. Yet, these myths are as readily debunked as they are pervasive. In “You Just Need to Lose Weight,” Aubrey Gordon equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. Bringing her dozen years of community organizing and training to bear, Gordon shares the rhetorical approaches she and other organizers employ to not only counter these pernicious myths, but to dismantle the anti-fat bias that so often underpin them. As conversations about fat acceptance and fat justice continue to grow, “You Just Need to Lose Weight” will be essential to ensure that those conversations are informed, effective, and grounded in both research and history.

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.

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity ,2001 Promotes the recognition, treatment, and prevention of conditions of overweight and obesity in the United States.

Evolution of Cardio-Metabolic Risk from Birth to Middle Age Gerald S. Berenson,2011-07-09 That precursors of adult coronary artery disease, hypertension, and type II diabetes begin in childhood have been clearly established by the Bogalusa Heart Study. This unique research program has been able to follow a biracial (black/white) population over 35 years from childhood through mid-adulthood to provide perspectives on the natural history of adult heart diseases. Not only do these observations describe trajectories of cardio-metabolic risk variables leading to these diseases but provide a rationale for the need to begin prevention beginning in childhood. The trajectories of the burden of cardio-metabolic risk variables in the context of their fetal origin and chromosome telomere dynamics provide some insight into the metabolic imprinting in utero and aging process. The observed racial contrasts on cardio-metabolic risk variables implicate various biologic pathways interacting with environment contributing to the high morbidity and mortality from related diseases in our population. To address the seriousness of the onset of cardiovascular disease in youth, approaches to primordial prevention are described focussing on childhood health education as an important aspect of Preventive Cardiology.

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.

I'm Not Fat, I'm Just Big Boned and Other Lies We Tell Ourselves Leticia Remauro,2011-06-07 When I first decided to write this book it was because I wanted to share my weight loss experience with others. I figured that if I could overcome a life long struggle with obesity then others could as well. I compiled all my tips in one place hoping that after people read them they would understand that weight loss is an achievable goal. The odd thing is, the more I wrote the more I realized that it wasn't a diet program alone that helped me to lose weight it was the fact that I had finally stopped lying to myself about why I was fat in the first place.

The Obesity Myth Paul Campos,2004-05-03 Is your weight hazardous to your health? According to public-health authorities, 65 percent of us are overweight. Every day, we are bombarded with dire warnings about America's obesity epidemic. Close to half of the adult population is dieting, obsessed with achieving an arbitrary ideal weight. Yet studies show that a moderately active larger person is likely to be far healthier (and to live longer) than someone who is thin but sedentary. And contrary to what the fifty-billion-dollar-per-year weight-loss industry would have us believe medical science has not yet come up with a way to make people thin. After years spent scrutinizing medical studies and interviewing leading doctors, scientists, eating-disorder specialists, and psychiatrists, Professor Paul Campos is here to lead the backlash against weight hysteria—and to show that we can safeguard our health without obsessing about the numbers on the scale. But *The Obesity Myth* is not just a compelling argument, grounded in the latest scientific research; it's also a provocative, wry exposé of the culture that feeds on our self-defeating war on fat. Campos will show: How the nation's most prestigious and trusted media sources consistently misinform the public about obesity What the movie industry's love affair with the fat suit tells us about the relationship between racial- and body-based prejudice in America How the skinny elite—with their supersized lifestyles and gas-guzzling SUVs—project their anxieties about overconsumption on the poorer and heavier underclass How weight-loss mania fueled the impeachment of Bill Clinton In this paradigm-busting read, Professor Campos challenges the conventional wisdom regarding the medical, political, and cultural meaning of weight and brings a rational and compelling new voice to America's increasingly irrational weight debate.

When Food is Your Frenemy Jacob F. Bustos,2019-06-04 If you're morbidly obese, you are not alone. When Food is Your Frenemy helps those who are morbidly obese or who struggle with self-image make the necessary changes to live full and healthy lives. Jacob F. Bustos himself was morbidly obese and had to accept the harsh reality that he needed to make a change. He realized that the relationship he had with food was a love/hate relationship. While the bariatric process he underwent was a life-saving procedure, his battle with self-image continued. In 2015, Jacob also underwent a traumatic skin removal surgery that nearly ended his life. During this event, he had a very personal experience with his Maker that affirmed his mission to feed people with healthier options. When Food is Your Frenemy is a life story for those who are struggling to know the real battle that not only Jacob faces, but almost everyone does at some point with food being such a big part of all of our lives. When Food is Your Frenemy is also a cookbook to promote healthy eating with recipes that are not only healthy, but really transform ordinary foods into healthier versions.

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.

Body Respect Linda Bacon,Lucy Aphramor,2014-09-02 Mainstream health science has let you down. Weight loss is not the key to health, diet and exercise are not effective weight-loss strategies and fatness is not a death sentence. You've heard it before: there's a global health crisis, and, unless we make some changes, we're in trouble. That much is true—but the epidemic is NOT obesity. The real crisis lies in the toxic stigma placed on certain bodies and the impact of living with inequality—not the numbers on a scale. In a mad dash to shrink our bodies, many of us get so caught up in searching for the perfect diet, exercise program, or surgical technique that we lose sight of our original goal: improved health and well-being. Popular methods for weight loss don't get us there and lead many people to feel like failures when they can't match unattainable body standards. It's time for a cease-fire in the war against obesity. Dr. Linda Bacon and Dr. Lucy Aphramor's Body Respect debunks common myths about weight, including the misconceptions that BMI can accurately measure health, that fatness necessarily leads to disease, and that dieting will improve health. They also help make sense of how poverty and oppression—such as racism, homophobia, and classism—affect life opportunity, self-worth, and even influence metabolism. Body insecurity is rampant, and it doesn't have to be. It's time to overcome our culture's shame and distress about weight, to get real about inequalities and health, and to show every body respect.

Obesity Kathleen Y. Wolin,Jennifer Petrelli,2009-08-10 An overview written for general readers of the history, prevention, treatment, causes, and consequences of obesity. What makes obesity a disease instead of just a matter of overeating? What are the genetic and environmental factors behind it? What new breakthroughs are being developing to combat it? This concise, information-rich volume looks at these and other important questions, clearing away misconceptions about this devastating condition. Obesity explains what scientists now know about the causes and consequences of being overweight, including the latest on the links between obesity and heart disease, diabetes, some cancers, asthma, and sleep difficulties. The book pays specific attention to the problem among obese young people, who more and more are being diagnosed with chronic illnesses that used to only be seen in adults. It also reports on promising efforts to battle obesity, from medical treatments to community awareness programs.

Fed Up! Susan Okie,2005-03-10 Once dismissed by the medical profession as a purely cosmetic problem, obesity now ranks second only to smoking as a wholly preventable cause of death. Indeed, it's implicated in 300,000 deaths each year and is a major contributor to heart disease, diabetes, high blood pressure, high cholesterol, and depression. Even conservative estimates show that 15% of all children are now considered to be overweight-worldwide there are 22 million kids under five years old that are defined as fat. Supersized portions, unhealthy diets, and too little physical activity certainly contribute to what's making kids 'fat.' But that's not the whole story. Researchers are at a loss to explain why obesity rates have risen so suddenly and so steeply in the closing decades of the 20th century. But head out to the beaches, playgrounds, and amusement parks, and it's obvious that overweight children are more numerous and conspicuous. We see it in our neighborhoods and we read it in the headlines. Our nation-indeed the world-is in crisis. But knowledge is power and it's time to arm ourselves in the battle to win the war on obesity. Fed Up! is just what the doctor ordered. Based in part on the Institute of Medicine's ground-breaking report on childhood obesity, this new book from family physician and journalist Susan Okie provides in-depth background on the issue; shares heartrending but instructive case studies that illustrate just how serious and widespread the problem is; and gives honest, authoritative, science-based advice that constitute our best weapons in this critical battle.

Just the Weigh You are Steven Jonas,Linda Konner,1997 End the frustration of dieting forever. Stop forcing yourself to be someone you are not mean to be. In Just the Weigh You Are, a medical doctor and one of the country's leading fitness journalists introduce the all-new Big Picture Plan for Health. Feel better, live longer, and never once feel like you are depriving yourself, all by using this foolproof, natural approach to living. Dr. Jonas and Ms. Konnar will show you how to first and foremost, accept yourself; improve your nutrition without dieting; exercise moderately - with amazing results; manage the day-to-day stresses in your life; give up unhealthy behaviors like smoking; and start to improve your health and fitness today - no matter what your size.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

The Clinician's Guide to the Treatment of Obesity Adrienne Youdim,2015-04-01 Presenting detailed information on treatment of the obese patient, this handy, concise title is designed not only to educate practitioners about obesity but, most importantly, to provide practical strategies in the comprehensive approach to treating this disease. Replete with bulleted lists and tables for easy referencing, this unique reference provides a comprehensive overview of the pathophysiology and natural history of obesity as well as a thorough review of available treatment options. The book's early chapters discuss the disease of obesity, its corresponding health burden on individuals and society, and the psychosocial morbidity and effect of weight loss. Later practical, treatment-centered chapters include dietary and lifestyle strategies for weight loss, physical activity and writing an exercise prescription, pharmacotherapy approaches, perioperative care of the surgical patient, and complications of weight loss surgery, to name just several. An indispensable, easy-to-read resource for all health professionals interested in obesity diagnosis and treatment, The Clinician's Guide to the Treatment of Obesity is a significant contribution to the literature that will be of value to all physicians, with particular appeal internal medicine and primary care physicians, endocrinologists, cardiologists, physician assistants, nurse practitioners and any practitioner that wishes to learn the up to date treatment strategies for the obese patient.

Obesity World Health Organization,2000 This report issues a call for urgent action to combat the growing epidemic of obesity, which now affects developing and industrialized countries alike. Adopting a public health approach, the report responds to both the enormity of health problems associated with obesity and the notorious difficulty of treating this complex, multifactorial disease. With these problems in mind, the report aims to help policy-makers introduce strategies for prevention and management that have the greatest chance of success. The importance of prevention as

the most sensible strategy in developing countries, where obesity coexists with undernutrition, is repeatedly emphasized. Recommended lines of action, which reflect the consensus reached by 25 leading authorities, are based on a critical review of current scientific knowledge about the causes of obesity in both individuals and populations. While all causes are considered, major attention is given to behavioural and societal changes that have increased the energy density of diets, overwhelmed sophisticated regulatory systems that control appetite and maintain energy balance, and reduced physical activity. Specific topics discussed range from the importance of fat content in the food supply as a cause of population-wide obesity, through misconceptions about obesity held by both the medical profession and the public, to strategies for dealing with the alarming prevalence of obesity in children. ... the volume is clearly written, and carries a wealth of summary information that is likely to be invaluable for anyone interested in the public health aspects of obesity and fatness, be they students, practitioner or researcher. - Journal of Biosocial Science

Choose Fitness Not Fatness Today! Matthew Wharton,2016-03-12 CLINICAL PRAISE FOR Choose FITNESS not FATNESS Today! As a Board Certified Gastroenterologist, I see the effects of obesity on a daily basis. Most of my patients ask about how to “fix” the problem quickly; mainly through surgery. Unfortunately, I have to treat a lot of complications from surgery and many patients don’t have the long standing results they were hoping for. Imagine my surprise when Matt came in for a follow up after a year and at over 50 years old he was almost a hundred pounds lighter! I asked which bariatric surgery he had, and I was blown away by the most practical, healthy, and sustainable answer I have ever heard: “I just chose to be fit not fat.” I have read Choose FITness not FATness Today! and was very impressed on several key points. One, was how he maintained a very strict mental attitude toward the whole process. His approach was very humble, analytical and practical. Once his mind was ready, then he implemented the processes to achieving his goal. His diet makes sense and is clinically sound. By not choosing “crap” his body does not go into a cycle of insulin spiking resulting in growth not loss. Finally, the way that Matt was able to gradually grow into his exercise routine makes the most sense to not get discouraged and to make the weight loss permanent. This book is practical, motivating, and most important: the healthiest way to lose weight. I’m looking forward to being able to recommend this solution to my overweight patients that are seeking a simple yet attainable solution to their weight loss challenges. —Kenneth Brown, MD, KennethBrownMD.com A 1-year, one-day-at-a-time journey from obesity to athleticism without surgery, prepackaged foods, personal trainers, calorie-counting, or hunger. During the decades Matt Wharton struggled with obesity, he wanted to find a way to apply a simple practice to the complex problem of too much body fat. He’d tried everything imaginable and found that all of the “lose weight quick” programs out there delivered a short-term loss followed by a longterm gain. Matt discovered a simple daily regimen after extensive research and a lot of prayer. It unlocks the mystery of weight loss and fitness, touching on both diet and exercise and, if repeated each day, produces incredible results. This is a direct, simple solution to a complex, life-threatening condition. Filled with real-world experiences, tough love, biting sarcasm, and a healthy dose of humor, Choose FITness Not FATness Today! will help you see results in the mirror while positioning you for a longer, happier life free from the burdens of excess weight and lack of fitness. The solution only takes one day to work: TODAY!

The Practical Guide ,2002

THE ADULT OBESITY EPIDEMIC IN THE UNITED STATES: A Comprehensive Approach Including the Financial Costs, the Societal Costs, the Solutions, and the Future of Food and Weight Gain Fritz Dufour, MBA, DESS,2018-12-16 This is both a descriptive and a prescriptive approach to the adult obesity epidemic in the United States. First, the book shows the origins of obesity and how it blew out of proportion to become a crisis in an era of advanced medicine. The books precisely describes the factors of obesity, which are multipronged: the food producers, government, the food marketing experts, the food distributors and the restaurants, and even the victims themselves: the obese. An analysis of the costs and implications of obesity supports and corroborates the author’s views by showing obesity’s financial, societal, and psychological costs. On the other hand, the prescriptive side, the author makes the case for reversing the situation through strong and potentially efficient recommendations - non-systematic and systematic - by suggesting that both the public and policymakers focus not only on why people overeat, but also modify the environment and behaviors, redefine personal responsibility, and encourage corporate social responsibility. Finally, the author explores the outlook for eating habits and obesity in the United States by the years 2030, 2050, 2100 and beyond. This is a book intended for not just people impacted by obesity, but also for health professionals and policymakers.

Weight Watchers She Loses, He Loses Karen Miller-Kovach,Weight Watchers,2007-03-23 She loses, he loses . . . and everybody wins! There's no doubt about it—when couples embark on a weight-loss program together, they improve their chance of success. Now Weight Watchers, the world's leader in providing weight-loss information, services, and support, presents this practical guide specifically designed to help women and men work together to lose weight and keep it off. It explains the many differences between the sexes when it comes to weight gain and loss and helps couples overcome these differences with dependable and insightful information on: The weight-health connection and how the genders differ Male and female differences in body image The language of weight loss Why men lose weight faster than women Different weight-loss motivators for men and women Eating and exercise strategies that work best for women and men How best to support your partner's weight-loss efforts Research shows that women and men who live together—from newlyweds to empty-nesters—tend to gain weight at similar times. The good news is that, working together as a team, your chances of losing those extra pounds increase. Weight Watchers She Loses, He Loses gives you the information, strategies, and insights you need to make it happen.

Reviewing **Just Bmi**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Just Bmi**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Just Bmi Introduction

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