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Sommario/riassunto

In a world where obesity has now reached epidemic proportions, a thorough understanding of the underlying causes of the problem is essential if society, public health initiatives and government policies are to successfully address the issue. The obesogenic environment describes all the possible influences that our environment presents which encourage overweight and obesity in individuals and populations. Beginning with an overarching introduction to obesity and its implications for health and wellbeing, the book will move on to consider such crucial areas as eating behaviours and food enviro
