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Titolo	Treating and preventing obesity [[electronic resource] /] / edited by J. Ostman, M. Britton, E. Jonsson
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Altri autori (Persone)	OstmanJan BrittonM (Mona) JonssonEgon
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Treating and Preventing Obesity; Preface; Foreword; Contents; List of Contributors; Treating and Preventing Obesity A Systematic Review of the Evidence; Summary; Background; Definition of Obesity; Causes of Obesity; Health Risks of Obesity; Impact on Quality of Life; Economic Aspects; Report Design and Content; Preventive Interventions against Obesity; Preventing Obesity in Adults; Preventing Obesity in Children and Adolescents; Treating Obesity; Treating Obesity in Adults; Treating Obesity in Children and Adolescents; Quality of Life Effect of Weight Loss on Obesity-related Diseases and ConditionsCost Effectiveness of Different Treatment Methods; Conclusions by SBU; 1 Background; 1.1 Obesity as a Health Problem in Adults; 1.1.1 What is Obesity?; 1.1.2 Prevalence of Obesity in Different Population Groups; 1.1.3 Causes of Obesity; 1.1.3.1 Energy Intake; 1.1.3.2 Energy Utilization; 1.1.3.3 Risk Factors for Obesity; 1.1.3.4 Genetic Factors; 1.1.4 Risks of Obesity; 1.1.4.1 Mortality; 1.1.4.2 Cardiovascular Disease; 1.1.4.3 Diabetes mellitus (type 2); 1.1.4.4 Cancer; 1.1.4.5 Gall

Bladder and Liver Diseases

1.1.4.6 Musculoskeletal Diseases 1.1.4.7 Production of Sex Hormones;
1.1.4.8 Diseases of the Respiratory Organs; 1.1.4.9 Health-related
Quality of Life; 1.1.5 Summary; 1.1.6 Comments on Facts 1±4; 1.2
Obesity as a Health Problem in Children and Adolescents; 1.2.1
Background; 1.2.2 Definition; 1.2.3 Causes of Obesity; 1.2.4 Morbidity
and Obesity; 1.2.5 Risk of Children becoming Overweight Adults; 1.2.6
Summary; 1.3 International Overview of Obesity Intervention Programs;
1.3.1 Australia; 1.3.2 France; 1.3.3 Norway; 1.3.4 New Zealand; 1.3.5
Finland; 1.3.6 Canada; 1.3.7 Sweden
1.3.8 United States 1.4 Cost of Obesity and Obesity-Related Diseases;
1.4.1 Methods of Estimating the Cost to Society; 1.4.2 Methods of
Searching the Literature; 1.4.3 Results; 1.4.3.1 Studies Addressing
Direct Costs of Obesity; 1.4.3.2 Studies Concerning Other Economic
Aspects; 1.4.3.3 Conclusions; 2 Systematic Literature Review -
Methods; 2.1 Background; 2.2 Literature Search; 2.3 Literature Review
and Quality Assessment; 2.4 Reporting Facts and Conclusions; 3
Preventing Obesity; 3.1 Preventing Obesity in Adults; Summary; 3.1.1
Introduction; 3.1.2 Methods; 3.1.3 Results; 3.1.4 Discussion
3.2 Preventing Obesity in Children and Adolescents Summary; 3.2.1
Methods; 3.2.2 Results; 3.2.3 Interesting Observations that do not Meet
the Minimum Criteria; 3.2.4 Discussion; 4 Treating Obesity in Adults;
4.1 Dietary Treatment; Summary; 4.1.1 Introduction; 4.1.2 Special
Methodological Problems in Studies of Weight Loss; 4.1.3 Methods;
4.1.4 Results and Discussion (see Table 4.1); 4.1.4.1 General Dietary
Counseling, Different Types of Programs Dietary Counseling; 4.1.4.2
Energy (Calorie) Restriction; 4.1.4.3 Meal Replacement; 4.1.4.4 Fat
Restriction, with or without Energy Limitations
4.1.4.5 Carbohydrates

Sommario/riassunto

Obesity now represents a serious problem in industrialized nations. An increasingly large number of people, especially children, are overweight - leading to subsequent illness and a reduced life expectancy. At long last, with this first evidence-based review of the current intervention strategies for treating and preventing obesity clinicians and health insurers have a guide that allows them to select the most efficient and cost-effective method of treatment for any given state of the illness. The whole is backed by extensive tables, a checklist for quality assurance and an extensive glossar

2. Record Nr.	UNINA9910789770103321
Autore	Munro Nicola
Titolo	Planting for wildlife [[electronic resource]] : a practical guide to restoring native woodlands / / Nicola Munro and David Lindenmayer
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Preface; Acknowledgements; Chapter 1 Why revegetate?; Chapter 2 Where to revegetate; Chapter 3 Layout and composition of a planting; Chapter 4 How to revegetate; Chapter 5 How to maintain and manage a planting; Chapter 6 How a planting changes over time; List of recommendations; Further reading; Index
Sommario/riassunto	Provides the latest information on restoring woodlands, with particular emphasis on plantings as habitat for wildlife.