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Titolo	Adolescent nutrition : assuring the needs of emerging adults / / Yolanda N. Evans, Alicia Dixon Docter, editors
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ISBN	3-030-45103-8
Descrizione fisica	1 online resource (xvi, 839 pages) : illustrations
Disciplina	616
Soggetti	Primary care (Medicine) Teenagers - Nutrition Diet therapy Child psychiatry Nutrition - Requirements Diet in disease
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I General Adolescent Nutrition -- 1. General Adolescent Development -- 2. Confidentiality -- 3. Communication and Adolescents -- 4. Developmental Nutrition -- 5. Wellness and Excessive Weight Gain -- 6. Ensuring Nutritional Adequacy in the Adolescent and Young Adult Athlete -- 7. Media Influences on Body Image & Eating Behaviors in Adolescents -- Part II Caring for Diverse Populations -- 8. Supporting & Promoting Adolescent Nutritional Health Equity -- 9. Food Insecurity Among Adolescents and Emerging Adults -- 10. Culturally Appropriate Care -- 11. International Considerations -- 12. Health at Every Size® -- 13. Juvenile Justice -- Part III Disordered Eating -- 14. Anorexia Nervosa -- 15. Bulimia Nervosa -- 16. Avoidant/Restrictive Food Intake Disorder (ARFID).-17. Binge Eating Disorder in Adolescents and Emerging Adults -- 18. Otherwise Specified and Unspecified Feeding or Eating Disorders -- 19. Co-occurring Eating Disorders and Type 1 Diabetes Mellitus -- 20. Co-Occurring Eating Disorders and Orthorexia Nervosa -- Part IV Additional Health Considerations -- 21. Polycystic Ovarian Syndrome

(PCOS) -- 22. Type 1 Diabetes Mellitus -- 23. Type II Diabetes Mellitus -- 24. Nutrition in Adolescent Pregnancy -- 25. Adolescent Substance Use -- 26. Nurturing Healthy Transitions: Nutrition, Exercise, and Body Image for Transgender and Gender Diverse Youth.

Sommario/riassunto

Adolescents have unique nutritional needs when compared to young children and adults. As youth go through physical, cognitive, and behavioral development, nutrition needs are dynamic and changing. If these needs go undetected and remain unaddressed, the results can derail physical and social maturation and include life-long effects on health. This comprehensive text offers a multidisciplinary perspective on aspects of adolescent nutrition. Using clinical cases, it covers relevant topics related to adolescent health including normal development, chronic health conditions, and complex biopsychosocial dynamics, among others. The first section of the text contains an overview of adolescent nutrition that is further broken down into more specific topics such as developmental nutrition needs, needs of active youth and athletes and media influences on body image. The next section focuses on health disparities such as culturally appropriate care, health equity, international considerations and food insecurity. The following section specifically addresses eating disorders ranging from anorexia and bulimia to binge eating. Finally, the last section covers additional health considerations such as polycystic ovarian syndrome, teen pregnancy, substance use and gender non-conforming youth. Written by experts in the field, this book is a helpful resource for primary care medical providers, registered dietitians, adolescent medicine specialists as well as advanced practice nurses, physician assistants and athletic trainers. .
