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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Part I: Fundamentals of Sedentary Behaviour Epidemiology -- Chapter 1: Introduction to Sedentary Behaviour Epidemiology -- Chapter 2: The Descriptive Epidemiology of Sedentary Behaviour -- Chapter 3: Measurement of Sedentary Behaviour in Population Studies -- Chapter 4: Analysis and Interpretation of Sedentary Behaviour Data -- Part II: Health Effects of Sedentary Behaviour -- Chapter 5: Physiological Responses to Sedentary Behaviour -- Chapter 6: Genetics of Sedentariness -- Chapter 7: Sedentary Behaviour, Diabetes, and the Metabolic Syndrome -- Chapter 8: Sedentary Behaviour and Cardiovascular Disease -- Chapter 9: Sedentary Behaviour and Cancer -- Chapter 10: Sedentary Behaviour and Depression -- Chapter 11: Sedentary Behaviour and Adiposity -- Chapter 12: Sedentary Behaviour and Psychosocial Health Across the Life Course -- Chapter 13: Sedentary Behaviour and Ageing -- Chapter 14: Sedentary Behaviour and Mortality -- Part III: Understanding Sedentary Behaviour and Promoting Reductions in Time Spent Sedentary -- Chapter 15: An

Ecological Model for Understanding and Influencing Sedentary Behaviour -- Chapter 16: Sedentary Behaviour at the Individual Level: Correlates, Theories, and Interventions -- Chapter 17: Specific Interventions Targeting Sedentary Behaviour in Children and Adolescents -- Chapter 18: Workplace Programs Aimed at Limiting Occupational Sitting -- Chapter 19: Approaches to Decrease Sedentary Behaviour Among the Elderly -- Chapter 20: Interventions Directed at Reducing Sedentary Behaviour in Persons with Pre-existing Disease or Disability -- Chapter 21: Specific Approaches to Reduce Sedentary Behaviour in Persons with Overweight/Obesity -- Chapter 22: Programmes Targeting Sedentary Behaviour Among Ethnic Minorities and Immigrants -- Chapter 23: Sedentary Behaviour at the Community Level: Correlates, Theories, and Intervention -- Chapter 24: Sedentary Behaviour and the Social and Physical Environment -- Chapter 25: Targeting Sedentary Behaviour at the Policy Level -- Chapter 26: Dynamics of Sedentary Behaviours and Systems-Based Approach: Future Challenges and Opportunities in the Life Course Epidemiology of Sedentary Behaviours -- Chapter 27: From a Public to a Global and Planetary Health Perspective on Sedentary Behaviour Epidemiology -- Chapter 28: Ergonomic Support for Physiologically Correct Sitting -- Chapter 29: Limitations in Sedentary Behaviour Research and Future Research Needs.

Sommario/riassunto

This book addresses the origins, determinants and magnitude of the global problem of sedentary behaviour, along with concise yet in-depth solutions for tackling it. As a consequence of major technological advances in modern society, many people find themselves in environments characterized by prolonged sedentary behaviour. Building on the contributions of leading experts in the field, the new edition of this book presents updated knowledge about sedentary behaviour, its medical and public health significance, its correlates and determinants, measurement techniques, and recommendations for addressing this behaviour at the individual, community, environmental, and policy level. The book encompasses current research linking the COVID-19 pandemic to increased levels of sedentary behavior, and it covers global and planetary health aspects of sedentary behavior, highlighting sustainable development goals such as health and well-being for all. Applying a cross-disciplinary methodology, the book avoids considering physical activity and sedentary behavior as a single continuum, which potentially hampers progress in confronting widespread levels of sedentariness. Rather, the book helps readers better understand how sedentary and physically active behavior co-occur and how the two behaviours have distinct contributing factors. Building on the contributions of distinguished international experts in the field, this thorough resource is a valuable asset and challenges professionals, researchers, students, and practitioners alike to adopt new strategies and expand their reach.
