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Edizione	[1st ed.]
Descrizione fisica	1 online resource (298 p.)
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Altri autori (Persone)	GraceClare
Disciplina	616.3/98
Soggetti	Obesity - Treatment Reducing diets Exercise therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Introduction.- Attitudes to obesity.- Why practitioners need to change.- The evidence.- What works?.PART 1.Physical Activity.- Its importance during the weight loss phase.- Its importance during the weight maintenance phase.- Key messages.- How to support changes in levels of activity.Diet.- What dietary messages.- Where to start.- A stepwise approach.- A balanced diet.- Estimating energy intake & requirements.A Behavioural Approach.- The theory & principles.- Motivation.- Cognitive Behaviour Therapy.- Tools, strategies & techniques.PART 2.A Practical Guide.- Raising the issue.- Exploring the options.- The Assessment.- Forming a joint agenda tailored to the individual.- Problem-solving.- Goal setting & Change Plans.- Monitoring.- Review.Follow Up.- Frequency and duration of appointments.- continuity of care.- What to include.Group Programmes.Weight maintenance.
Sommario/riassunto	"An increasingly wide range of patients of different age, ethnicity and social background often combined with other clinical conditions such as diabetes, cardiovascular disease or osteoporosis now find themselves battling against obesity and many health professionals become frustrated, feeling ill-equipped to handle each unique case

with the one-size-fits-all approach offered by the "eat less, exercise more" mantra. *Weight Management: A Practitioner's Guide* explains how effective evidence-based programmes structured in a manner addressing the key components of diet and physical activity integrated with a behavioural approach could offer the solution to the obesity epidemic. This exciting new book from renowned experts Dymphna Pearson and Clare Grace provides practitioners and those studying to become practitioners and public health professionals with a much needed modern guide that clearly presents the latest evidence underpinning treatments and uses a step-wise approach to implementing programmes and building skills and confidence. Written with the express needs of practitioners and related health professionals at its core, this book will be a ready reference for those working in both acute and community settings throughout the different and demanding stages of the weight management process. *A practical guide to tackling weight management* *Covers diet, exercise and behavioural therapy* *Written for health professionals, by health professionals* *Includes advice on continuity of care and handling group programmes*--
