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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 Diseases1.1.4.7 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 States1.4 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 AdolescentsSummary; 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