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Understanding And Tackling Obesity A

From an early age children are bombarded by the media with messages promoting foods high in saturated fats, sugars and salt. One of the greatest changes for children in the last 50 years is the decrease in exercise and the increase in 'screen' time. This programme is not about dieting or weight control, instead it has been designed to be realistic and non-discriminatory, aiming to enable ...

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For us to tackle obesity, activity has to become a way of life for adults in our community. It needs to be a habit, a non-negotiable in our schedule. It can not be something we do when it's convenient or good weather or a special occasion.

Understanding and Tackling Obesity - Trina Gray

information about the increase in obesity, the effect of media messages as well as the philosophy and approach taken in the programme. The package includes a CD-ROM which has all the copiable resources and a PowerPoint for staff training. Read Understanding and Tackling Obesity: A Whole-School Guide Online

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Understanding and Tackling the Obesity Epidemic, Presenter: Tom Bilella, DC, MS, CCN, CNS, DACBN, CISSN, DCBCN,

Understanding and Tackling the Obesity Epidemic

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m²).

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Taking a whole systems approach to obesity A growing body of evidence, including Foresight's Tackling Obesities: Future Choices report, suggests that a whole systems approach could help address...

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