Underlying causes of obesity include a host of various genetic, environmental, and psychological factors.

Realistic weight management focuses on individual needs and health promotion, including meal pattern planning and regular physical activity.

America’s obsession with thinness carries social, physiologic, and biologic costs.

Introduction

America is getting heavier

66% of adults ages 20 to 74 years are overweight

Of this number, 32% meet criteria for obesity

Center for Health Statistics reveals that 17% to 19% of children and adolescents are overweight

Overweight and obesity, by age: United States, 1960-2004

Obesity and Weight Control

Body weight and body fat

Definitions

Body composition
• Measures of weight maintenance goals
  — Standard height/weight tables
  — Healthy weight range
    • Individual variation
    • Necessity of body fat

• Obesity and Weight Control, cont’d

• Obesity and health
  — Weight extremes
  — Overweight and health problems

• Causes of obesity
  — Basic energy balance
  — Hormonal control
    • Leptin
    • Ghrelin
  — Genetic and family factors

• Obesity and Weight Control, cont’d

• Genetic and family factors

• Obesity and Weight Control, cont’d

• Individual differences and extreme practices
  — Individual energy balance levels
  — Extreme practices
• Fad diets
  — Scientific inaccuracies and misinformation
  — Failure to address the necessity of changing long-term habits

• Obesity and Weight Control, cont’d

• Extreme practices, cont’d
  — Fasting
  — Specific macronutrient restrictions
  — Clothing and body wraps
  — Drugs
    • Reduce energy intake by suppressing appetite
    • Increase energy expenditure by stimulating basal metabolic rate
    • Reduce the availability of nutrients to enter cells
    • Alter lipogenesis and lipolysis

• Obesity and Weight Control, cont’d

• Extreme practices, cont’d
  — Surgery
    • Gastric restriction
    • Malabsorptive procedures (e.g., gastric bypass)
    • Lipectomy

• Surgery

• Surgery, cont’d

• Surgery, cont’d
Sound Weight Management Program

Essential characteristics

Behavior modification
  — Basic principles
  — Basic strategies and actions
    • Defining problem behavior
    • Recording and analyzing baseline behavior
    • Planning behavior management strategy

Sound Weight Management Program, cont’d

Dietary principles
  — Energy (kilocalories) reduced according to need
  — Energy (kilocalorie) readjustment to maintain weight
  — Realistic goals
  — Nutritional adequacy
  — Cultural appeal

Chapter 15

Lesson 15.2

Key Concepts

Short-term food patterns, or fads, often stem from food misinformation that appeals to some human psychological need but does not necessarily meet physiologic requirements.

Key Concepts, cont’d

Realistic weight management focuses on individual needs and health promotion, including meal pattern planning and regular physical activity.
America’s obsession with thinness carries social, physiologic, and biologic costs.

Sound Weight Management Program

Basic energy balance components

- Energy input: food behaviors
- Energy output: exercise behaviors

Sound Weight Management Program, cont’d

Principles of a sound food plan:

- Energy balance
- Nutrient balance
- Distribution balance
- Food guide
- Preventive approach

Food Misinformation and Fads

Types of claims

- Food cures
- Harmful foods
- Food combinations
- “Natural” foods

Food Misinformation and Fads, cont’d

Erroneous claims

Dangers
• Vulnerable groups
  — Elderly, young persons, obese persons, athletes and coaches, entertainers
• What is the answer?
• Underweight
• General causes
  — Wasting disease
  — Poor food intake
  — Malabsorption
  — Hormonal imbalance
  — Energy imbalance
  — Poor living situation
• Underweight, cont’d
• Dietary treatment
  — High-calorie diet
  — High protein
  — High carbohydrate
  — Moderate fat
  — Adequate sources of vitamins and minerals
• Underweight, cont’d
• Disordered eating
  — Anorexia nervosa
• Bulimia nervosa
• Binge eating disorder
• Treatment

• Anorexia
• Anorexia
• Bulimia Nervosa and Binge Eating Disorder
• Definitions
• Warning signs
• Treatment

• Summary
• America is getting bigger, with 66% of adults and 17% to 19% of children and adolescents being overweight.

• In the traditional medical model, obesity has been viewed as an illness and a health hazard, which is true in cases of clinically severe obesity.

• Summary, cont’d
• A sound weight loss program is based on reduced energy intake for gradual weight loss and nutrient balance to meet health standards.

• The ideal plan begins with prevention, stressing the formation of positive food habits in early childhood to prevent major problems in later life.

• Summary, cont’d
• Underlying causes of obesity include a host of various genetic and environmental factors.
• America’s obsession with thinness has created extreme weight management problems such as eating disorders (e.g., anorexia nervosa, bulimia nervosa).

• Summary, cont’d

• Newer approaches view moderate overweight differently, however, in terms of the important aspect of fatness and leanness or body composition and propose a more person-centered positive health model.