



Treating and Preventing Obesity: An Evidence Based Review

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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 glossary.

With a foreword by George A. Bray, Boyd Professor at Louisiana State University and Chief of the Clinical Obesity section:

""Treating and Preventing Obesity - An Evidence Based Review" provides a careful and thoughtful assessment of this disease and the options for its control and treatment. It started with the medical model where cure is the outcome. This valuable report provides a timely new analysis of a growing problem."

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