



Handbook of Obesity Prevention

Shiriki Kumanyika, Ross Brownson

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Comprehensive in scope and meticulously researched, Handbook of Obesity Prevention analyzes the intricate causes of this public health crisis, and sets out concrete, multilevel strategies for meeting it head-on. This innovative handbook starts by clearly defining obesity in clinical, epidemiologic, and financial terms. From there, expert contributors provide insights on current issues, methods, and controversies in the field, focusing on new opportunities for prevention, successful interventions and initiatives, and guidelines for planning and implementing programs and evaluating results. This systematic approach to large-scale social and policy change gives all parties involved - from individual practitioners to multinational corporations - the tools to set and attain realistic goals based on solid evidence and best practice in public health.

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