

Evaluation and Treatment of Obesity

SPORTS MEDICINE AND HEALTH SCIENCE

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Evaluation and Treatment of Obesity. J. Storlie and H.A. Jordan (eds.)

Nutrition and Exercise in Obesity Management. J. Storlie and H.A. Jordan (eds.)

Behavioral Management of Obesity. J. Storlie and H.A. Jordan (eds.)

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Foreword

It is a pleasure to present the book, *Evaluation and Treatment of Obesity*, for reference and textbook use. The text is an outgrowth of the Obesity-Weight Control Track of the 1982 La Crosse Health and Sports Science Symposium, sponsored annually by the La Crosse Exercise Program, University of Wisconsin-La Crosse. With versatile faculty, topics, and attending professionals, the Obesity-Weight Control Track stimulated an effort to produce interdisciplinary resources on obesity.

Out of this effort, three books have been compiled and edited. This book, *Evaluation and Treatment of Obesity*, introduces an interdisciplinary, practical approach to obesity management. The other two books, *Nutrition and Exercise in Obesity Management* and *Behavioral Management of Obesity*, expand on the basic theories introduced in this book, providing in-depth information of value to the practicing professional. These three books apply the latest information from the fields of medicine, nutrition, exercise, and psychology to the problem of obesity. The information is intended to guide health professionals in the interdisciplinary management of obesity.

In 1983 the Obesity-Weight Control Track focused on controversial issues of theoretical and practical concern. The speakers from this track contributed their expertise to the compilation of two additional books. Thus, *Trends and Controversies in Obesity Research* and *Innovation in Obesity Program Development* will complete the series. Consider the five volumes a consolidated, comprehensive reference related to the growing, interdisciplinary field of weight control.

The co-editors and individual chapter authors of this book, and the entire series, should be complimented for providing the practicing health professional with a valuable book. Researching and writing this material has been enlightening and exciting to those involved; we trust its value to you will be similar.

Philip K. Wilson, Ed.D., Senior Series Editor
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Introduction

Evaluation and Treatment of Obesity, is the first of a series of five books on obesity. The entire series is intended to (1) provide an understanding of the multiple factors that influence human obesity, and (2) apply this knowledge in developing comprehensive, rational approaches to weight management. A number of professional disciplines have made valuable contributions to the current understanding of human obesity. It is our belief that the complexities of this condition require the cooperation between and coordination of all these professions. Although the content of this series is divided into five books, it should be recognized that the material is interrelated and interdependent.

Consistent with this philosophy, *Evaluation and Treatment of Obesity* approaches obesity management from an interdisciplinary view. Representing the fields of medicine, nutrition, exercise physiology, and psychiatry, this book provides a general overview of the principles related to obesity treatment and evaluation. These concepts are expanded upon in *Nutrition and Exercise in Obesity Management* and *Behavioral Management of Obesity*. The last two books, *Trends and Controversies in Obesity Research* and *Innovation in Obesity Program Development*, are intended to address current issues of theoretical and practical concern. Within this comprehensive framework, the entire series approaches basic concepts in light of the problems that face practitioners at the “cutting edge” of obesity research and intervention.

Evaluation and Treatment of Obesity addresses two main issues: (1) why does obesity treatment present a problem to the health practitioner?

and (2) how do we begin to define and classify the nature of obesity in individuals? Chapter 1 discusses the scope of the problem in treating the obese. The complex mechanisms that influence energy balance and body weight are reviewed in Chapter 2, while the health risks associated with obesity are considered in Chapter 3. Chapters 4, 5, and 6 present methods for assessing obese individuals from three perspectives: health status, degree of obesity, and psychological influences.

The authors contribute not only their theoretical knowledge, but also knowledge based on considerable experience working with obese individuals. An attempt has been made to present theories, describe the practical applications, and discuss the “gaps” between theory and practice. This approach is intended to stimulate growth and innovation on the part of health professionals using this resource.

We hope that this book, and the entire series, will encourage health care professionals to face the problem of obesity intervention with practical and theoretical tools, as well as an interdisciplinary attitude. This effort can provide safe and rational alternatives to the myriad of untested, unscientific, at times unsafe, and ineffective programs that abound in our society.

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