



## Public Health Mini-Guides: Obesity

By Nick Townsend, Angela Scriven

Elsevier Health Sciences. Paperback. Book Condition: new. BRAND NEW, Public Health Mini-Guides: Obesity, Nick Townsend, Angela Scriven, Obesity and its linked morbidity and mortality is a significant public health challenge on a global scale and places a burden not only on the individual but also on society as a whole. This Mini-Guide presents key themes relating to this challenge, including the means of measuring obesity, the most recent prevalence and trends, the health consequences and causes of obesity along with approaches to counter obesity both at an individual and a population level. "Its good to see a concise guide from a public health perspective and especially one which is pocket sized and encourages the reader to reflect through the inclusion of 'thinking points' in each chapter." Reviewed by: Richard Langer on behalf of the Occupational Medicine Journal, Jan 2015.



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