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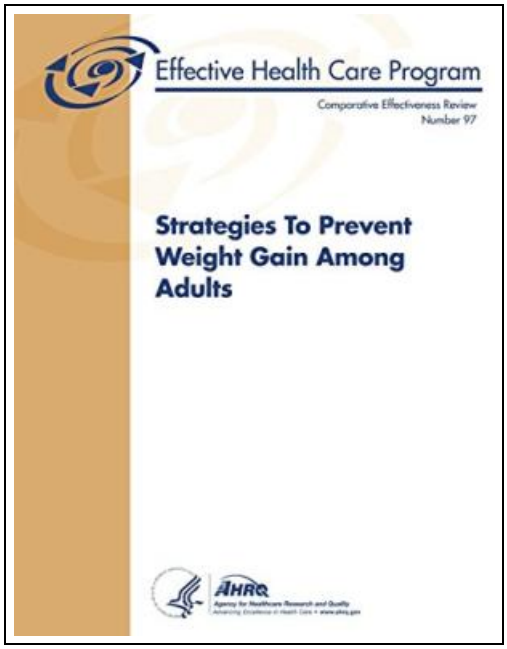

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 458 pages. Dimensions: 11.0in. x 8.5in. x 1.0in.One of the Healthy People 2020 national objectives is to increase the prevalence of a healthy weight among adults to 34 and to reduce the prevalence of obesity among adults to less than 30. From 2005 to 2008, only 31 of adults were a healthy weight. Obesity was estimated to cost 79 billion in the U. S. during 1995. By 2008, health care costs associated with obesity were thought to have risen to 147 billion. The Federal Government pays about one half of these costs through Medicaid and Medicare spending. Body mass index (BMI)expressed as weight in kilograms divided by height in meters squared (kgm2)is commonly used to classify underweight (BMI less than 18. 5 kgm), healthy or normal weight (BMI 18. 524. 9 kgm), overweight (BMI 25. 029. 9 kgm), obesity (BMI greater than or equal to 30. 0 kgm), and extreme obesity (BMI greater than or equal to 40. 0 kgm). Adults tend to gain weight progressively through middle age. Although the average weight gained per year is 0. 5 to 1 kg, the modest accumulation of weight over time can lead to obesity. The estimated age-adjusted prevalence of overweight and obesity (BMI greater than or equal to 25. 0 kgm) was 68 in the U. S. during 2007 and 2008. Despite the doubling in the prevalence of obesity between 1976 and 1980 and 2007 to 2008 (13 to 34), the prevalence of overweight has remained stable between the same time periods (32 to 34). Obesity is a risk factor for chronic conditions including cardiovascular disease, type 2 diabetes, arthritis, certain types of cancer, and cancer recurrence. Weight is associated with an increased risk of some...

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