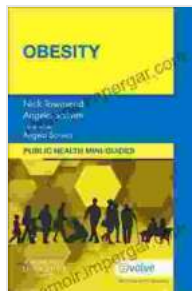


# Public Health Mini Guides: Obesity - Essential Knowledge for Healthcare Professionals

Obesity is a major public health concern, affecting millions of people worldwide. It is a complex condition that can lead to a variety of health problems, including heart disease, stroke, type 2 diabetes, and cancer. Healthcare professionals play a vital role in addressing obesity, and Public Health Mini Guides: Obesity provides them with the latest evidence-based knowledge and practical tools to effectively care for their patients.



## Public Health Mini-Guides: Obesity

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1899 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 530 pages



## What is Obesity?

Obesity is defined as having a body mass index (BMI) of 30 or higher. BMI is a measure of body fat based on height and weight. People who are obese are at increased risk for a variety of health problems, including:

- Heart disease
- Stroke
- Type 2 diabetes

- Cancer
- Sleep apnea
- Osteoarthritis
- Depression

## **Causes of Obesity**

Obesity is caused by a complex interaction of factors, including:

- Genetics
- Diet
- Physical activity
- Metabolism
- Environmental factors

## **Diagnosis and Treatment of Obesity**

Obesity is diagnosed based on BMI. Treatment for obesity typically involves a combination of diet, physical activity, and behavioral therapy. Medications may also be used in some cases.

## **Public Health Mini Guides: Obesity**

Public Health Mini Guides: Obesity is a concise, evidence-based guide that provides healthcare professionals with the essential knowledge and tools they need to effectively address obesity in their patients. The guide covers a wide range of topics, including:

- The definition and epidemiology of obesity

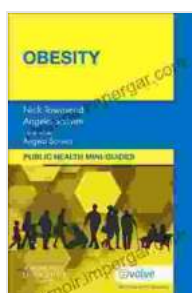
- The causes and risk factors for obesity
- The health consequences of obesity
- The diagnosis and treatment of obesity
- Prevention of obesity

Public Health Mini Guides: Obesity is an essential resource for healthcare professionals who want to provide the best possible care for their patients. The guide is written in a clear and concise style, and it is packed with practical tips and tools that can be used in everyday practice.

## Free Download Your Copy Today!

Public Health Mini Guides: Obesity is available now. Free Download your copy today and start providing the best possible care for your patients.

Free Download Now



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