



Obesity Epidemiology: From Aetiology to Public Health

David Crawford, Robert W. Jeffery, Kylie Ball, Johannes Brug

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Although recognised clinically for some time as an important condition that increases risk of ill-health in affected individuals, it is only recently that obesity had been recognised as a population-wide problem that requires preventive action. Obesity is a major contributor to diseases and disability, the associated health costs are enormous and obesity has already reached epidemic proportions in many countries, and incidence is continuing to increase in children and adults. Disturbingly the epidemic is not confined to developed countries, with many developing countries and those in transition affected. While recognised as a major population health problem, our understanding of the causes of the epidemic is poor, there has been relatively little population-based research that has focused on the prevention of unhealthy weight gain, and as a consequence knowledge regarding how and where best to intervene is limited.

Revised and updated and now part of the *From Aetiology to Public Health* series, *Obesity Epidemiology* provides a scholarly text that assists those concerned with understanding prevalence and trends in obesity; its health, social and economic consequences, the underlying causes of the obesity epidemic, the existing evidence regarding strategies to prevent obesity, and the potential of public health initiatives to impact on the population prevalence of obesity. This edition not only provides a thorough update of the material presented in the previous edition (entitled *Obesity Prevention and Public Health*), but also includes twelve new chapters that cover the epidemiology of obesity in children and adults, and the potential of public health approaches to its prevention.

This book will be of interest to all those working in public health and epidemiology; health policy makers, and clinicians and health practitioners working in the related fields of nutrition, exercise and diabetes.

About the series

By looking at public health issues from a unique condition-based approach, the innovative From Aetiology to Public Health series examines top public health issues from aetiology through to public health and prevention.

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