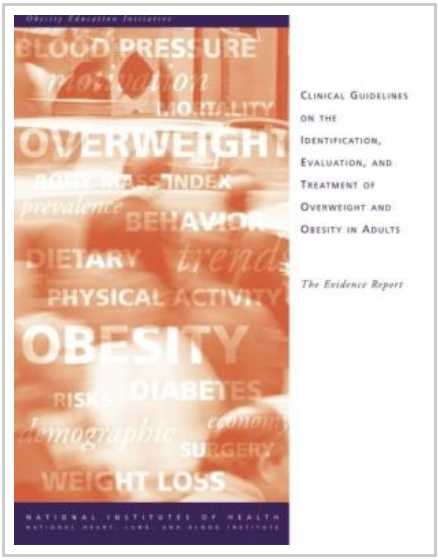

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Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report

By National Institutes of Health

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 260 pages. Dimensions: 11.0in. x 8.5in. x 0.6in.An estimated 97 million adults in the United States are overweight or obese, a condition that substantially raises their risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate, and colon cancers. Higher body weights are also associated with increases in all-cause mortality. Obese individuals may also suffer from social stigmatization and discrimination. As a major contributor to preventive death in the United States today, overweight and obesity pose a major public health challenge. Overweight is here defined as a body mass index (BMI) of 25 to 29. 9 kgm and obesity as a BMI of 30 kgm or greater. However, overweight and obesity are not mutually exclusive, since obese persons are also overweight. A BMI of 30 is about 30 lb. overweight and equivalent to 221 lb. in a 60 person and to 186 lb. in one 56. The number of overweight and obese men and women has risen since 1960; in the last decade the percentage of people in these categories has increased to...

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