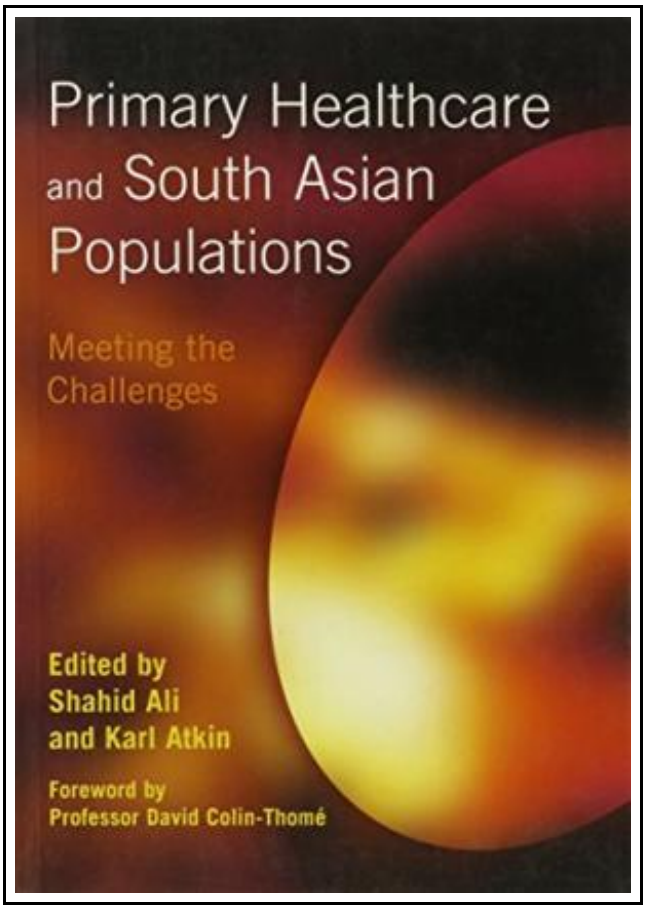
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Taylor Francis Ltd, United Kingdom, 2004. Paperback. Book Condition: New. Revised ed.. 242 x 166 mm. Language: English . Brand New Book. The UK has the fastest growing rate of obesity in Europe with one in five adults classified as being obese. The increasing incidence of obese and overweight children is of equal concern where the rates mirror those of adults. This is a practical guide for GPs practice and community nurses and other health professionals in primary care. Illustrated with case scenarios examples of good practice and practice protocols it describes how to incorporate clinical governance with best practice in preventing and managing obesity and overweight problems. The book provides templates for personal practice and professional development plans that can be used as part of GPs revalidation portfolios. Reflective exercises at the end of each chapter help to identify learning and service needs and useful data are included on the National Obesity Forum Guidelines together with sources of information and relevant websites. Topics include effective interventions motivation and influence adult and child diets myths and co-existing medical conditions. What we desperately need is a reliable evidence-based workshop manual for managing obesity. This book fits the bill. Ruth Chambers and Gill Wakley have long track records for highlighting important issues in general practice. In this book they team up with experts in obesity producing a book which I suspect will develop well-thumbed pages in a short space of time. Ian Banks in the Foreword.

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