DESCRIPTION

In a world where obesity has now reached epidemic proportions, a thorough understanding of the underlying causes of the problem is essential if society, public health initiatives and government policies are to successfully address the issue. The obesogenic environment describes all the possible influences that our environment presents which encourage overweight and obesity in individuals and populations.

Beginning with an overarching introduction to obesity and its implications for health and wellbeing, the book will move on to consider such crucial areas as eating behaviours and food environments, physical activity and the environment, the urban environment, methods, policy and future research directions.

• Brings together expertise from across a range of disciplines

• Written by a truly multidisciplinary team of international authors

• Presents some of the most innovative thinking in the battle against obesity

This groundbreaking book brings together for the first time the knowledge of experts with backgrounds in nutrition and dietetics, policy, epidemiology, environmental sciences, medical sciences, town planning and urban design, transport, geography and physical activity in order to offer a multidisciplinary approach to public health, suggesting new and exciting ways to shape our environment to better support healthful decisions.
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FEATURES

- Edited by Dr Amelia Lake, Tim Townshend and Dr Seraphim Alvanides. Dr Amelia Lake is renowned for her work on the obesogenic environment
- Written by a multi-disciplinary group of authors including dietitians, epidemiologists and town planners
- Brings together an international perspective on the subject for the first time
- Addresses some of the most innovative thinking in the battle against obesity

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