

OBESITY **interventions** **IN** underserved **communities**

**EVIDENCE AND
DIRECTIONS**

EDITED BY

**Virginia M. Brennan, Shiriki K. Kumanyika
& Ruth Enid Zambrana**

Obesity Interventions In Underserved Communities Evidence And Directions

Lauren A. Stutts



Obesity Interventions In Underserved Communities Evidence And Directions:

Obesity Interventions in Underserved Communities Virginia M. Brennan, Shiriki K. Kumanyika, Ruth Enid Zambrana, 2014-12-08 Groundbreaking approaches to preventing and reducing obesity among minority low income and other medically underserved communities in the United States The obesity epidemic has a disproportionate impact on communities that are hard hit by social and economic disadvantages In *Obesity Interventions in Underserved Communities* a diverse group of researchers explores effective models for treating and preventing obesity in such communities The volume provides overviews of the literature at specific junctures of society and health e g the effectiveness of preschool obesity prevention programs as well as commentaries that shape our understanding of particular parts of the obesity epidemic and field reports on innovative approaches to combating obesity in racial ethnic minority and other medically underserved populations in the United States Authors make specific recommendations to policy makers which are designed to reverse the rising rate of obesity dramatically The thirty one literature reviews commentaries and field reports collected here address obesity prevention and treatment programs implemented across a spectrum of underserved populations with particular attention paid to children and adolescents Aimed at students clinicians and community workers in public health and health policy as well as family medicine and pediatrics sociology childhood education and nutrition and deeply informed by fieldwork this book demonstrates the importance of taking a full contextual view both historical and current when considering the challenge of reversing upward obesity trends among ethnic minorities impoverished people and other underserved populations

Obesity Interventions in Underserved Communities Virginia M. Brennan, Shiriki K. Kumanyika, Ruth Enid Zambrana, 2014-12-08 Aimed at students clinicians and community workers in public health and health policy as well as family medicine and pediatrics sociology childhood education and nutrition and deeply informed by fieldwork this book demonstrates the importance of taking a full contextual view both historical and current when considering the challenge of reversing upward obesity trends among ethnic minorities impoverished people and other underserved populations

Primary Care of the Medically Underserved, An Issue of Physician Assistant Clinics Vincent Morelli, Roger Zoorob, Joel J. Heidelbaugh, 2018-11-21 This issue of *Physician Assistant Clinics* guest edited by Drs Vincent Morelli Roger Zoorob and Joel J. Heidelbaugh is devoted to Primary Care of the Medically Underserved Articles in this issue include Primary Care Issues in Rural Populations Primary Care Issues in Inner City America and Internationally Medical Care for Undocumented Immigrants National and International Issues Pediatric and Adolescent Issues in Underserved Populations Women s Select Health Issues in Underserved Populations Medical Care of the Homeless An American and International Issue Occupational Health and Sleep Issues in Underserved Populations Infectious Disease Issues in Underserved Populations Psychological Issues in Medically Underserved Patients Substance Use Issues Among the Underserved United States and International Perspectives Diet and Obesity Issues in the Underserved Exercise and Sports Medicine Issues in Underserved Populations Environmental

Justice and Underserved Communities Climate Change and Underserved Communities Geriatric Care Issues An American and an International Perspective Cardiovascular Health Disparities in Underserved Populations Cancer in the Medically Underserved Population and International Comparisons in Underserved Health Issues Policies Needs and Projections CME credits are also available to subscribers of this series *New Directions in Behavioral Intervention Development for Pediatric Obesity, An Issue of Pediatric Clinics of North America* Sylvie Naar-King, 2016-07-06 Almost one out of every three US children is overweight or obese with minority youth at highest risk There are limited efficacious pediatric obesity interventions available for clinicians and successful weight loss trials for minority youth are rare Even fewer interventions have been shown to significantly improve clinical health outcomes such as adiposity blood pressure and cholesterol level and maintenance of behavior change over the long term remains a challenge Translation I research in which bench findings are applied to the bedside is uncommon in the behavioral arena Thus advances in our understanding of fundamental human processes such as motivation emotion cognition self regulation decision making stress and social networks are not being optimally applied to our most pressing behavioral health problems This issue of Pediatric Clinics will focus on promising behavioral treatments in the pipeline that have been translated from basic behavioral science and are the process of refinement and proof of concept testing **Childhood and Adolescent Obesity** Lauren A. Stutts, 2016-10-31 This book covers the development and treatment of childhood and adolescent obesity It is written from a biopsychosocial perspective and explores obesity from a holistic perspective and addresses the extent of the obesity epidemic and how obesity is defined and assessed in children It also chronicles the varying causes and contributors to childhood obesity as well as the physical psychological and social consequences of it The author highlights how a psychologist assesses childhood obesity and the potential psychological disorders related to obesity and also includes descriptions of specific interventions for childhood obesity The intervention section integrates a community based perspective that is often lacking in the literature and specifically addresses underserved populations Finally this book concludes with practical case studies discussion questions and case recommendations *Access* Dr. Amy Lee, Douglas Ramsthal CFP®, Jessica Carpenter RDN MBA, 2022-01-07 *Access* Addressing the Obesity Crisis By Dr Amy Lee Douglas Ramsthal CFP and Jessica Carpenter RDN MBA As a trained physician seeing the many types of patients in Dr Amy Lee's years of practice she has come to realize that what she does in treating a patient with obesity is a not straightforward There is not one type of diet regimen for everyone just as if there is not one pill that fixes all problems She finds herself working backwards by first meeting someone with the condition of overweightness followed by digging into their history on the root cause of the outcome What needs to be recognized is the many causes which could be genetic predisposition environmental forces complications from mental health or simply taking a medication with adverse reactions of weight gain In order for practitioners like Dr Lee to carry out this job they need the medical community as well as the ancillary services to recognize the complexity of what it takes to fully make an impact in this

patient population If they do not make changes and move forward this epidemic of obesity will surely become the next pandemic Dr Lee s hope in publishing *Access Addressing the Obesity Crisis* is to share with her colleagues the other side of the practice often overlooked or under recognized This is an attempt to shed a little light to what they are doing as medical bariatricians and the impact they can make for their patients

WE Matter! Wendi S. Williams,2021-11-29 Increasingly social cultural and political discourse is deeming Black women and girls to be a critical group to engage We are told their lives should matter and yet there is also overwhelming evidence that Black women and girls continue to be what Malcolm X declared The most neglected person in America This critical volume engages a conversation at the intersection of the fields of education and psychology among recognized Black women scholars that contemporizes the discourse about Black women s and girls diversity their sociocultural contexts and various approaches to communal and clinical work with them to support their mental health wellness and thriving

WE Matter Intersectional Anti Racist Feminist Interventions with Black Girls and Women is a significant new contribution to Black Studies Mental Health and Gender Studies and will be a great resource for academics researchers and advanced students of Sociology Psychology Education and Politics The chapters in this book were originally published as a special issue of *Women Therapy*

Global Practices and Training in Applied Sport, Exercise, and Performance Psychology J. Gualberto Cremades,Lauren S. Tashman,2016-05-20 *Global Practices and Training in Applied Sport Exercise and Performance Psychology* offers case analysis as a vehicle to address issues and experiences in the application of sport exercise and performance psychology SEPP and the supervision training of individuals to become professionals in the field A follow up to *Becoming a Sport Exercise and Performance Psychology Professional* 2014 this book features a discussion of real world case examples which highlight various aspects of professional practice as well as supervision and training Professionals from around the world including the United States and Canada Europe Asia Africa and Australia share diverse experiences providing a uniquely in depth global perspective The case studies contained in the book were selected to provide insight into specific elements of applied practice and supervision training through a global lens as well as demonstrate the value of incorporating case analysis and reflection into one s training and continued professional development Case analysis is an essential part of learning and instruction Beyond educating the reader about theories and research on related topics in the field case analysis allows for more complex levels of learning including analysis synthesis and evaluation of diverse scenarios In Part I of this book the cases focus on applied SEPP practice Part II is comprised of cases that focus on training and supervision This book is essential reading for graduate students and neophyte professionals in the field for whom it is critical to learn how to effectively apply knowledge to real world sport exercise and performance psychology scenarios In addition the book is a useful resource for seasoned and expert practitioners and supervisors who can use case analysis as a means of continuing their professional development

Writing Blackgirls' and Women's Health Science Jameta Nicole Barlow,2023-12-21 This field of Black girls and women s health BGWH science is both

transdisciplinary and interdisciplinary As such the contributors to this edited collection offer a unique lens to BGWH science expanding our collective scientific worldviews The contributing authors draw upon their ontological and epistemological knowledge to formulate pathways and inform methodologies for doing research and praxis to address BGWH Each contributor draws upon these knowledges and offers the reader a way to better understand how their framing and writing can create change in the health of Black girls and women

A Health Equity Approach to Obesity Efforts National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Roundtable on Obesity Solutions, 2020-01-05 The obesity crisis in the United States disproportionately affects some demographic groups more than others Contextual influences on obesity are complex and include an individual's weight related behaviors and outcomes the intermediate variables that influence these behaviors and outcomes and broader upstream historical social economic physical and policy contexts The National Academies convened a workshop on April 1 2019 to explore the history of health equity issues in demographic groups that have above average obesity risk and to consider principles and approaches to address these issues as part of obesity prevention and treatment efforts This publication summarizes the presentations and discussions from the workshop

Community Health Workers in Action Melvin Delgado, 2020 Health is a universal topic although complex to understand because to adequately cover it requires the introduction of an historical context and socio cultural factors Health and health inequities touch the lives of millions of people of color across all regions and a desperate search for innovative ways of reaching them in an affirming and cost effective manner This search translates into cultural and linguistic programs that empower and foster social change bringing immense rewards and challenges Community health workers offer tremendous promise in getting much needed health care to those in most need allowing for innovative practice in reaching those in greatest need Health care health workers urban communities

Clinical Obesity in Adults and Children Peter G. Kopelman, Ian D. Caterson, William H. Dietz, Sarah Armstrong, Arianne N. Sweeting, John P. H. Wilding, 2022-09-13 Clinical Obesity in Adults and Children A comprehensive and incisive exploration of obesity in society and the clinical setting In the newly revised Fourth Edition of Clinical Obesity in Adults and Children a team of expert medical practitioners deliver a comprehensive exploration of the increasingly widespread disease of obesity The book discusses topics such as the causes of obesity the disease model of obesity the management of adult and childhood obesity and policy approaches to obesity Designed to enable readers to better understand the full complexity of obesity both within society and in the clinical setting the book discusses a disease that is the leading cause of ill health around the world The editors have included contributions from leading international experts in their respective fields that address every major aspect of this often misunderstood disease Readers will also benefit from the inclusion of Introductions to the history and scale of the obesity problem across the world and its epidemiology and social determinants Comprehensive explorations of those affected by obesity including fetal and infant origins genetic causes bias and stigma encountered by those affected by obesity and the psychobiology of obesity

Practical discussions of obesity as a disease including its co morbidities of dyslipidemia fertility cardiovascular consequences and obstructive sleep apnea In depth examinations of the management of obesity in adults and children including contemporary approaches to clinical and dietary management and behavioral treatments Perfect for doctors and allied health professionals who regularly work with patients suffering from obesity Clinical Obesity in Adults and Children will also earn a place in the libraries of health researchers and scholars studying obesity and nutrition dieticians nutritionists and anyone else with a professional interest in an increasingly prevalent health problem *Handbook of Obesity Prevention* Shiriki Kumanyika, Ross Brownson, 2007-09-23 Comprehensive in scope and meticulously researched Handbook of Obesity Prevention analyzes the intricate causes of this public health crisis and sets out concrete multilevel strategies for meeting it head on This innovative handbook starts by clearly defining obesity in clinical epidemiologic and financial terms From there expert contributors provide insights on current issues methods and controversies in the field focusing on new opportunities for prevention successful interventions and initiatives and guidelines for planning and implementing programs and evaluating results This systematic approach to large scale social and policy change gives all parties involved from individual practitioners to multinational corporations the tools to set and attain realistic goals based on solid evidence and best practice in public health **Nutrition and Obesity** Alexandra Kazaks, Judith S. Stern, 2013 Provides an up to date scientifically accurate study of the causes consequences and potential of individual and public responses to the serious health issue of obesity Presents major concepts about obesity including health risks energy balance eating behaviours the biology of hunger and satiety and pharmacotherapy and surgery as treatment **Pediatric Obesity** Michael S. Freemark, 2018-01-05 This second edition of Freemark s text embodies all of the strengths of the original work but is deeper and broader in scope with new chapters on emerging themes including metabolomics genomics and the roles of gastrointestinal hormones the microbiome brown adipose tissue and endocrine disruptors in the pathogenesis of childhood obesity Reviews of the effects of weight excess on cognitive performance and immune function complement detailed analyses of the biochemical and molecular pathways controlling the development of childhood adiposity and metabolic disease Critical assessments of nutritional interventions including new chapters on infant feeding practices and vegetarian diets and superb reviews of behavioral counseling pharmacotherapy and bariatric surgery provide practical guidance for the management of overweight children Penetrating analyses of the obesity epidemic in its social cultural economic and political contexts highlight challenges and opportunities for obesity prevention and community action The perspective is international in scope and reflects the expertise and experience of many of the leading figures in the field Comprehensive and up to date this new edition of Pediatric Obesity Etiology Pathogenesis and Treatment will be an invaluable guide for all healthcare providers and policy makers concerned with the evaluation and care of children with nutritional and metabolic disease and with the societal implications of the obesity epidemic **Nutrition, Fitness, and Mindfulness** Jaime Uribarri, Joseph A.

Vassalotti,2025-07-11 This book presents an approach to the integration of healthy behaviors in clinical practice based on cutting edge science It has been authored and edited by a select group of national and international experts in their respective fields who have developed these concepts for application in routine practice This second edition of Nutrition Fitness and Mindfulness uses three major categories to discuss healthy behavior healthy eating active living and mindfulness All chapters are formatted to provide key learning points and summarized conclusions for easy reference Eighteen chapters of the first edition have been updated in this new edition and cover such topics as the DASH diet plant based nutrition the Mediterranean diet beneficial herbs and spices fitness spirituality meditation healthy sleep and disease prevention 7 new chapters have been added covering ultra processed foods food as medicine integrating dietary patterns into the cultural preference multicompartiment exercise strategies for improving health in older adults with comorbidities as well as chapters on evidence based lifestyle interventions in risk of genitourinary cancer diabetes and barriers to a healthy lifestyle Nutrition Fitness and Mindfulness An Evidence based Guide for Clinicians is a comprehensive guide aimed at all clinicians and healthcare professionals encouraging patients to make more thoughtful and healthy lifestyle choices **Families, Food, and Parenting** Lori A. Francis,Susan M. McHale,Valarie King,Jennifer E. Glick,2021-03-01 This book examines the many roles of families in their members food access preferences and consumption It provides an overview of factors from micro to macro levels that have been linked to food insecurity and discusses policy approaches to reducing food insecurity and hunger In addition it addresses the links between food insecurity and overweight and obesity The book describes changes in the U S food environment that may explain increases in obesity during recent decades It explores relationships between parenting practices and the development of eating behaviors in children highlighting the importance of family mealtimes in healthful eating The volume provides an overview of efforts to prevent or reduce obesity in children with attention to minority populations and discusses research findings on targets for obesity prevention including a focus on fathers as change agents who play a crucial yet understudied role in food parenting The book acknowledges that with the current obesigenic environment in the United States and elsewhere around the world additional and innovative efforts are needed to foster healthful eating behavior and orientations toward food in childhood and in families This book is a must have resource for researchers professors clinicians professionals and graduate students in developmental psychology family studies public health as well as numerous interrelated disciplines including sociology demography social work prevention science educational policy political science and economics **Shaping Summertime Experiences** National Academies of Sciences, Engineering, and Medicine,Division of Behavioral and Social Sciences and Education,Board on Children, Youth, and Families,Committee on Summertime Experiences and Child and Adolescent Education, Health, and Safety,2020-01-30 For children and youth summertime presents a unique break from the traditional structure resources and support systems that exist during the school year For some students this time involves opportunities to engage in fun and enriching activities and

programs while others face additional challenges as they lose a variety of supports including healthy meals medical care supervision and structured programs that enhance development Children that are limited by their social economic or physical environments during the summer months are at higher risk for worse academic health social and emotional and safety outcomes In contrast structured summertime activities and programs support basic developmental needs and positive outcomes for children and youth who can access and afford these programs These discrepancies in summertime experiences exacerbate pre existing academic inequities While further research is needed regarding the impact of summertime on developmental domains outside of the academic setting extensive literature exists regarding the impact of summertime on academic development trajectories However this knowledge is not sufficiently applied to policy and practice and it is important to address these inequalities Shaping Summertime Experiences examines the impact of summertime experiences on the developmental trajectories of school age children and youth across four areas of well being including academic learning social and emotional development physical and mental health and health promoting and safety behaviors It also reviews the state of science and available literature regarding the impact of summertime experiences In addition this report provides recommendations to improve the experiences of children over the summertime regarding planning access and equity and opportunities for further research and data collection

Current Challenges and New Directions in Preventive Medicine, An Issue of Medical Clinics of North America, E-Book Marie Krousel-Wood,2023-10-10 In this issue of Medical Clinics of North America guest editor Dr Marie Krousel Wood brings her considerable expertise to the topic of Current Challenges and New Directions in Preventive Medicine Top experts in the field provide evidence based recommendations and strategies for common preventative medicine topics including screening and vaccinations Contains 13 relevant practice oriented topics including vaccine preventable diseases and vaccine hesitancy substance use opioid use disorder and clinical care obesity implementing evidence strategies in clinical practice healthcare providers and staff coping and burnout in the era of COVID 19 lifestyle medicine and more Provides in depth clinical reviews on preventive medicine offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

Dissemination and Implementation Research in Health Ross C. Brownson,Graham A. Colditz,Enola Knisley Proctor,2023 The definitive work in D I research now completely updated and expandedDissemination and Implementation Research in Health is a practical guide to making research more consequential a collection assembled and written by today s leading D I researchers

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