



The Complexity of Adolescent Obesity: Causes, Correlates, and Consequences

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The research contained in this valuable compendium offers a much-needed perspective on one of the most dangerous health crises our world faces today: obesity. Obesity has become an epidemic, a fact frequently discussed in the media, with many references to both childhood and adult obesity. These discussions, however, overlook an important demographic: the adolescent who is obese or overweight. The authors offer critical insights into the forces and factors that result in the numerous metabolic and psychological consequences of adolescent obesity.

The book delves into the prevalence, causes and correlates, and implications and consequences of adolescent obesity, and goes on to present considerations for future action.

The research covers many of the causes of adolescent obesity, including increased consumption of high carbohydrate snacks; eating too much, too fast, and too frequently; eating high-fat, cheap, convenient, and readily assessable foods; increased sedentary activities, such as TV watching and video games, accompanied by decreased physical activity; parents' and schools' lack of nutrition vigilance; and the commercial incentives to sell calorie-dense foods aggressively and relentlessly.

Edited by an eminent doctor and professor, **The Complexity of Adolescent Obesity** is an easily accessible and well-organized volume that offers vital research context for policymakers, educators, medical providers, and families.

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