

# Strategy Development Workshop for Public Education on Weight and Obesity : Summary Report. / U.S. National Institutes of Health, Heart, Lung, and Blood Institute

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Description: -

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Marine biology.

Mines and mineral resources -- Brunei.

Mines and mineral resources -- Malaysia.

Nicaragua -- Relations -- United States

United States -- Relations -- Nicaragua

Nicaragua -- Politics and government -- 1990-

Nation-building -- Nicaragua

Democratization -- Nicaragua

Sermons, American -- 19th century

Evangelistic work

Revivals

Race discrimination -- California

Japanese -- California

Birmingham (England) -- History.

Birmingham (England) -- Description and travel.

Health behavior

Health Promotion - U.S. - Congresses

Body Weight - U.S. - Congresses

Obesity - U.S. - CongressesStrategy Development Workshop for Public Education on Weight and Obesity : Summary Report. / U.S.

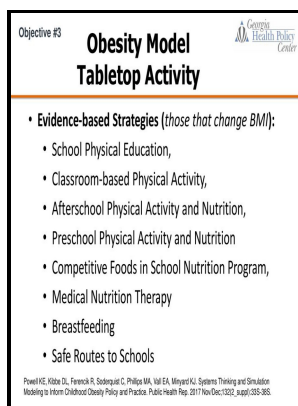
National Institutes of Health, Heart, Lung, and Blood Institute

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Strategy Development Workshop for Public Education on Weight and Obesity : September 24

Physical inactivity has become a serious problem in the United States. Current recommendations state that children and adults should strive for at least 30 minutes daily of moderate intensity physical activity Pate, Pratt et al.

ED416204 1998

The editors present a dynamic approach that combines current research, assessment techniques, and suggestions for treatment and prevention. Current recommendations state that children and adults should strive for at least 30 minutes daily of moderate intensity physical activity Pate, Pratt et al.

Publication List

See Physical activity F Faith-based organizations, , , , Family-based interventions.

Index

Inactivity is more prevalent among those with lower income and education, and, beginning in adolescence, affects females more than males NIH, 1995; Physical Activity, 1996. Package of Eight Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease. Strategy Development Workshop for Public Education on Weight and Obesity, September 24-25, 1992.

### **Strategy Development Workshop For Public Education On Weight And Obesity [PDF] Download Full**

Strategy development workshop for public education on weight and obesity , summary report. Uncovers exercise myths and provides information on ways to improve heart health through physical activity. Helps patients take action against high blood pressure, by losing weight if overweight, increasing physical activity, choosing foods lower in salt and sodium, limiting alcohol, and taking medication as prescribed.

### **Promoting Physical Activity and Exercise among Children**

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

### **ED416204 1998**

This book provides detailed guidance on how the weight-loss industry can improve its programs to help people be more successful at long-term weight loss. This Digest discusses the importance of and ways to foster activity and exercise in children.

### **Strategy Development Workshop for Public Education on Weight and Obesity : September 24**

Facts About The DASH Diet. Department of Health and Human Services, Centers for Disease Control and Prevention.

## Related Books

- [Basotho music & dancing.](#)
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