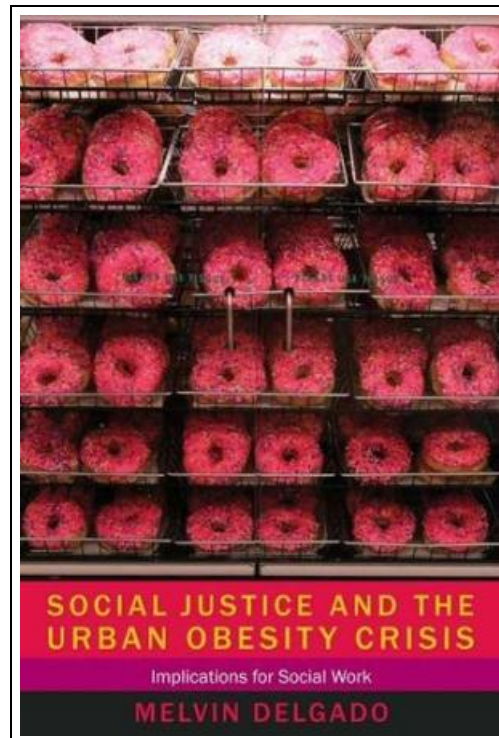


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Columbia University Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. A number of economic, cultural, and contextual factors are driving urban America s obesity crisis, which can create chronic health conditions for those least able to manage them. Considering urban obesity through a social justice lens, this book is the first to help social workers and others develop targeted interventions for effective outcomes. The text dissects the problem of urban obesity in populations of color from individual, family, group, community, and policy perspectives. Beginning with a historical survey of urban obesity in communities of color, anti-obesity policies and programs, and the role of social work in addressing this threat, the volume follows with an analysis of the social, ecological, environmental, and spatial aggravators of urban obesity, such as the food industry s advertising strategies, which promote unhealthy choices; the failure of local markets to provide good food options; the lack of safe exercise spaces; and the paucity of health education. Melvin Delgado reviews recent national obesity statistics; explores the connection between food stamps and obesity; and reveals the financial and social consequences of the epidemic for society as a whole. He concludes with recommendations for effective health promotion programs, such as youth-focused interventions, community gardens, and community-based food initiatives, and a unique consideration of urban obesity in relation to acts of genocide and national defense.



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