

ch. 7

Thursday, February 4, 2021 8:38 PM

Chapter 7

1. Explain the following causes/theories of obesity:

Lipoprotein Lipase Activity –

- this enzyme promotes fat storage in fat cells, obese people have more in their fat cells than lean people

Fat Cell Development

- fat cells grow larger and then divide to increase number, during weight loss cells shrink but number stays the same

Set Point Theory—

- body weight is physiologically regulated, body “chooses” a desired weight, body adjusts metabolism to achieve the weight no matter the efforts of the person to change weight

Intestinal Bacteria –

- microbiota generate compounds that communicate with diverse tissues as muscle, adipose tissue, the brain, in ways that alter the body's use and storage of energy

Learned Behavior—

- appropriate response to hunger inappropriate response to appetite in absence of hunger, eating connected to deep emotional needs

Ob gene/Leptin Production–

- secreted by fat cells in proportion to amount of fat stored, it depressed appetite, increases energy expenditure and fat loss
- obese people have alot but resist its action

Environmental Stimuli –

- food availability, large portion sizes, convenience and fast foods are high in fat (large portions + energy dense foods = increased obesity)

2. List Body Mass Indexes that indicate the following conditions: Overweight – Obese – Morbidly or Clinically Severe Obesity –

3. List 4 benefits of exercise as part of a weight control program.

- appetite control
- BMR- increased immediately and long term
- increases energy expenditure = kcal
- physiological benefit: feel better about yourself

4. List three factors that contribute to the slowing of weight loss over time.

- loss more weight faster when you're heavier, metabolism can slow down

5. List three more aggressive weight loss treatments that may be necessary for morbidly obese individuals.

- gastric bypass
- gastric banding
- obesity drugs: phentermine, orlistat

6. List 6 recommendations for a diet that promotes long term weight loss (including three recommendations regarding the amount of protein, carbohydrate and fat):

- nutritional adequacy
- small portions
- low energy density
- limiting sugar and alcohol
- meal spacing
- adequate water

7. List two things that might indicate a person has anorexia nervosa:

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Warren Lewis, Hans Rollmann



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