

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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Peter McGrail, Martin Foster



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Reaching and Teaching the 21st Century Adolescent Tom Bean, John Readence, Scott Baldwin, 2011-10-01 Use a fresh 21st century skills approach to address the common difficulties associated with teaching adolescents to read content area material. The strategies presented in this book will allow teachers to differentiate instruction to best meet students' literacy needs. This resource is aligned to the interdisciplinary themes from the Partnership for 21st Century Skills. **Multimodal Learning for the 21st Century Adolescent** Thomas W. Bean, Tom Bean, 2010 Energize your teaching by infusing new ways to reach your 21st century adolescent learners. Thomas Bean's friendly conversational style with references to surf culture adds a level of accessibility and authenticity to the research-based and classroom-tested strategies and instructional practices. Brimming with information about why creative and collaborative learning across the content areas is important to foster 21st century skills, this book also expands the definition of text to encompass multimodal elements including print, visuals, audio, and other dimensions. This resource is aligned to the interdisciplinary themes from the Partnership for 21st Century Skills and supports the Common Core State Standards. *Managing the Human Resource in the 21st century*,

Religious Life in the 21st Century O'Murchu, Diarmuid, 2016-08-18 This seminal work surveys the historical rise and fall of religious orders and congregations and reveals an unfolding pattern that gives hope for the present and future.

Century 21 Accounting Robert M. Swanson, Kenton E. Ross, 1986 **Century 21 Accounting** Kenton E. Ross, 2000

SCM Studyguide: Catholic Liturgy Peter McGrail, Martin Foster, 2018-09-30 Written by liturgists, pastoral and academic who make up the Liturgical Formation Sub Committee of the Department for Christian Life and Worship of the Roman Catholic Bishops Conference of England and Wales, this studyguide offers an introduction to Catholic Liturgy.

Effective Literacy Strategies for the 21st Century, *Century 21 Accounting* Swanson, Melanie H.

Ross, Hanson, Gilbert, 1994 **Century 21 Accounting**, 2000 *Study Guide* Robert Feldman, 2003-08 *Study Guide for Invitation to Health, 9th* Brooks/Cole, 2000-09 The Study Guide contains learning objectives, key terms, review questions, practice test questions, and more. **Learning Guide [to] "Business", Fifth Canadian Edition** Frances L. Tuer, 2005

Study Guide for the ParaPro Assessment, 2003 **Basic Reference Sources** Margaret Taylor, Ronald R. Powell, 1981

First published in 1971, this is a self-paced introduction to general reference information sources. The new edition brings information about the sources up to date as of late 1988, adding or deleting titles where appropriate. While primary use of the manual continues to be in library science courses, its benefits extend to all students and researchers. The pages are three-hole punched and perforated. Annotation copyrighted by Book News Inc., Portland, OR. *Instructor's Resource Manual for*

Andersen and Taylor's Sociology Jan Demarest Abu-Shakrah, 2003 **Corrections in the 21st Century** Frank

Schmallegger, John Ortiz Smykla, 2005 *Economics* Robert Burton Ekelund, Robert D. Tollison, 2000 This introduction to the principles of economics integrates the public choice theme with a discussion of basic economic issues while including

analyses of domestic policies and proposals and current global events in 2000 *Restoring the First-century Church in the Twenty-first Century* Warren Lewis, Hans Rollmann, 2005-10-15

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