

CHAPTER 9: Overweight.

1. Using the BMI, what % of the US population is overweight?
2. Know the classifications of the BMI- underweight, healthy weight, overweight, obese- and what BMI number correlates with each category
3. Know how fat cells develop and the behavior of fat cells.
4. What is lipoprotein lipase and what is its function?
5. Why do women store more fat around their hips and men store more fat in their abdomen?
6. Know what hypertrophic and hyperplastic obesity are
7. Understand the set point theory of obesity?
8. Know what leptin is, where it is produced and what organ or tissue it acts on
9. What affect does leptin have on appetite and what affect does it have on energy expenditure?
10. Know what ghrelin is, where it is produced, and how it affects appetite and energy expenditure
11. Understand the role of environment in the development of obesity
12. How does watching television contribute to obesity?
13. How many minutes per day of exercise does the DRI suggest to prevent weight gain?
14. What is a “fad diet”?
15. Why did the FDA banned the sale of ephedrine containing products?
16. Know what the primary action is of the weight loss drug, Orlistat (Xenical) and what are the potential side effects
17. What is the primary action of the weight loss drug Phentermine?
18. Why should caution be exercised when considering using common weight loss products?
19. What conditions must be met to be a candidate for weight loss surgery?
20. Know the characteristics of the results of weight loss surgery
21. What is a safe rate of weight loss for most overweight people?
22. What is the minimum number of kcalories to ensure nutrition adequacy on a weight loss plan?

23. Know the sensible guidelines for eating pattern for weight loss
24. What is the best approach to weight loss?
25. What effect does activity have on metabolism?
26. What are the benefits of physical activity in a weight management program? (margin page 297)
27. What are the environmental influences on food intake?
28. What are examples of behavior modification strategies for weight control?
29. What are the strategies for successful weight maintenance?