The Biggest Winner: Obesity Prevention Education for Nurses
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Creative Ideas to Integrate Obesity Prevention Content into Nursing Education Curriculum

Critique Popular Weight Loss Diets - Questions
1. Does this diet promote a safe method of weight loss? Why/Why not?
2. Does it provide a healthy variety intake of nutrients? Why/Why not?
3. What is the cost of the program? Is the cost reasonable (if that can be determined)?
4. Is there direct medical supervision available for users of this program?
5. Are there any undesirable side effects of following this program? If so what are they? Have there been any reports of dangerous outcomes to users of this program (deaths, disabilities, health complications)?
6. Would you recommend this program to a friend or family member? Why/why not? (Be specific with rationale)

"Fat Tax": Pros/Cons
How did the concept of a junk food tax evolve?
Does this form of taxation exist in other countries (if so provide examples).
Is there precedence for this type of taxation?
What impact would this type of taxation have on consumers? Food manufacturers? Grocers?
How could these funds be utilized to reduce the rates of obesity?

High Fructose Corn Syrup (HFCS): Natural or Not?
• What kinds of foods contain HFCS?
• What evidence exists, or is there a lack of compelling evidence to link the rise in diabetes and obesity to consumption of HFCS?
• How has this controversy influenced food manufacturing practices?
• What would you advise your patients regarding this ingredient?

Menu Labeling Laws: Change in Consumer Behaviors?
• Will this menu information change consumer behaviors in restaurants? Why/Why not?
• Using the Internet, what has the recent research in this area demonstrated in terms of consumer nutritional choices and intake?
• What impact will these laws have on the food industry?

Recommended Web Sites:
Global Adult Obesity Rates http://www.iaso.org/
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More Recommended Web Sites:

Choose My Plate  http://www.choosemyplate.gov/

Obesity as a Form of Child Abuse?  
http://www.latimes.com/health/la-he-childhood-obesity-custody-20110829,0,3696579.story

Fat Tax? Rudd Center for Food Policy and Obesity  http://www.yaleruddcenter.org/briefs.aspx

Center for Science in the Public Interest (CSPI)  http://www.cspinet.org/liquidcandy/

Life is Sweeter, CSPI  http://www.fewersugarydrinks.org/

Robert Wood Johnson – Childhood Obesity  http://www.rwjf.org/childhoodobesity/

American Dietetic Association –  http://www.eatright.org (Features “find a RD” – each state has a web site, too)

USDA Food and Agriculture Library, Food and Nutrition Information Center  

Tools to Assess Food Environment  https://riskfactor.cancer.gov/mfe/instruments/


Healthy Dining Finder  http://www.healthydiningfinder.com/

Complete Streets  http://www.completestreets.org/

Institute of Medicine Reports (IOM) -  http://www.iom.edu/Reports.aspx

Legal Strategies – Childhood Obesity  

Early Childhood Obesity – Prevention Policies  

Hunger and Obesity – Understanding a Food Insecurity Paradigm  