The evolution of technology has revolutionized society and the way people go about their daily lives. The average person in the United States uses technology as a part of their daily routine to make life more enjoyable and easy. However, this has also had a detrimental effect on the way we go about our daily lives. Technology has caused a large proportion of the nation to lead a sedentary lifestyle. A sedentary lifestyle then leads to other health concerns such as obesity and eventual cardiovascular diseases.

Core Concepts/Keywords:
Technology, Obesity, Sedentary Lifestyle, Health Risks

Primary Source:

Citation:

Annotation:
This continuing education video is part 1 of a 2 part series. Dr. Kathryn Kolasa and her colleagues evaluate the obesity epidemic in the United States. They present the health risks associated with adult obesity. They also present information on the management of adult obesity. They talk about factors that have a role in obesity development and how it is diagnosed through the body mass index. They introduce ways to initiate diet and exercise as part of a healthy life. They go into depth about nutrition and what is expected in one’s daily diet. Many of these teachings are presented through a patient physician environment. This video is meant for continuing education among primary health care providers, however, it is straightforward information and can prove useful for anyone interested in this topic.

Print Reference Source:

Citation:

Annotation:
This encyclopedia is much like other encyclopedia resources in that it is similar in its presentation of information. It lists information in alphabetical order, and presents graphs and charts in the back. The main difference about this encyclopedia is its concentration of information. This reference book has a wealth of information about obesity and obesity related ailments, such as different types of surgeries, terms used in eating behaviors and in the disease of obesity. This encyclopedia is a wonderful start for a reader looking for basic information on a specific topic. The information is clear and easily understood. The charts and tables are also a terrific visual aid in understanding some difficult concepts about this topic.

Electronic Reference Source:

Citation:

Annotation:
This article outlines what obesity is and how it is determined and what other diseases can be caused from it. However, it also talks about what treatments can be taken from diet and exercise to herbal remedies such as ephedra, dandelions and various other treatments from surgery to acupuncture. The article outlines what each of these treatments are and how each works. It underlines which would work better for
various levels of obesity. Future treatments of obesity also introduced to the audience. This article takes no sides and states strictly objective information to its readers. Readers will take away with them many effects of obesity and possible ways which a person can go about treating the disease.

Web Sites:

Citation:

Annotation:
This web page is an excellent source of the latest research on cancer. The National Cancer Institute presents a wealth of information on cancer published in the form of statistical and evidence based research. The web page also presents information about obesity and how cancer is related. The National Cancer Institute talks about many different types of cancer, and how obesity affects each one. The web page also pushes readers to live a healthy lifestyle based on facts of cancer. This page provides many basic literatures on the disease of cancer and also has in depth literature in its published journals that address the mechanisms of the disease. This web page is a fantastic source for researchers looking for the basic information to in depth information on the disease cancer.

Citation:

Annotation:
The Center of Disease Control provides the reader with many resources to choose from. It provides the reader with many insights about obesity and other co-morbidities that tend to follow as a result of obesity. The site also goes into depth about each of the independent diseases associated with obesity. The site presents their recent information in a variety of different formats such as graph, powerpoints, and readings. This site is a terrific source to get started with, to get a basic understanding of the topic at hand. This page also provides readers with links to other valuable resources that can be used to pursue their topic. This page is terrific to get a wide scope of ideas associated with health and prevention.

Books:

Citation:

Annotation:
This book is packed with information regarding obesity and how it is correlated with physical activity or in this case inactivity. This book is geared towards the sports medicine community, but has a wealth of information that can be used and understood by the general public. This book explains many of the concepts of obesity through a research standpoint. The book is written by many authors who are experts in this field. This book explains many research techniques used to understand how obesity is accompanied by physical activity. The book also provides a clear explanation of the results from various research and many illustrated diagrams. Although, this book mains purpose is to define obesity and how it is related to activity, it also discusses the effects of the obesity epidemic in the United States, genetic and behavioral determinants underlined in Obesity. This is a great resource of information based on evidence from research and clinical trials.

Citation:

Annotation:
This book concentrates on Obesity and how it is related to Diabetes Mellitus. This book is written by many experts in the field of medicine. This book is specialized and is meant for other health care professionals. This book presents factual information, discussing the history of diabetes and obesity as well as the
epidemiology of the two diseases and how they relate. It also presents information on the genetics of the two diseases and the pathophysiology of how the mechanics of the disease works in the body. It presents the information through research based off the work of many experts in the field. The book also interprets these mechanisms in the body and how obesity plays a role with the manifestation of the disease of diabetes. The book also outlines many of the complications associated with these two interlinked diseases. Finally this specialized book goes into much detail about treatment of these two diseases based on pharmaceutical medications and behavioral modifications. This book is a great resource for individuals looking for highly scientific information.

Citation:

Annotation:
The chronic disease of obesity is both developed from lifestyle and genetics. This book which is was written as a resource for healthcare professionals to analyze the obesity health crisis, by discussing obesity in a clinical setting and financial and epidemiological terms. The experts contribute information from research that defines successful interventions for the treatment of obesity and other initiatives that have proven useful in the treatment of the disease. The book explains how to implement programs and how to evaluate results from the treatment of obesity patients. The book also takes a look at the social aspect of the disease; it talks about ways to develop change in workplaces and in schools also how to develop preventive measures in health care systems. The media and the community also has a role in the development of obesity, such as no parks or recreational areas and fast food advertisements. This book takes an approach in how to react to those negative aspects of our society and ways to overcome them. This book touches on many subjects of obesity, but it concentrates mostly on the most important aspect, which is prevention of the disease.

Peer-Reviewed Journal Articles:

Citation:

Annotation:
This journal article presents information of obesity based on a sociological perspective. This article’s viewpoint states that obesity affects more than just health, but the way people go about their lives. This journal presents information from the National Longitudinal Study of Adolescent Health, which shows that girls that were obese were less likely to obtain a college education than their nonobese peers, however it shows that boys who were obese went on to college and were not affected by their weight. This journal discusses what obesity is and how it affects people psychosocially in their lives. This is a great journal article for researchers looking for other effects of obesity other than physical ailments.

Citation:

Annotation:
This journal article was based off of a case study of over 200 middle aged women. The case study consisted of two 7 week measuring periods where the women would undergo measurements based off their physical activity. The two assessments were separated by 20 month periods. After the women went through extensive physical activity their body fat composition was analyzed. The results provided a very important correlation with physical activity and obesity. The women who participated in a more intense physical activity program were leaner than those who did a lighter physical activity program. This is a very good source to use if you are looking for some hard proof that physical activity does in fact have a direct relationship with obesity.

Newspaper Article:
This article states that because of the growing incidence of obesity in children, they may live shorter lives than their parents or past generations. This is due to the diseases that are associated with obesity such as heart disease, diabetes and cancer. The article states that with increased obesity the average lifespan is shorter than it should be and it will only start to decrease with obesity on the rise. Although medicine is getting better at preventing disease, it may not be enough to add years to the lifespan. This article enlightens the reader on how devastating the obesity epidemic can be. This article does present factual information, however it does not present hard evidence of the shortening lifespan. It presents the shorting lifespan theory based on estimations from medical doctors.

Additional Sources:

Citation:

Annotation:
This is the second part of a 2 part series involved in evaluating the obesity epidemic in the United States. Unlike the first video listed above this video goes more into depth on prescription medications and screening patients for different types of corrective surgeries. The first video Dr. Kathyrn M. Kolasa addresses Obesity bases on how it is diagnosed, statistics of obesity and prevention such as diet as exercise. In this video they address obesity as though it is already diagnosed in a patient. They talk about different available methods to correct disease through medication and surgery. Dr. Kolasa and her colleagues also teach assessment methods for patients recovering from gastric bypass surgery. This is an excellent educational video, if the researcher is looking for in depth facts on patient care and how it is relates with obesity. If a researcher is just looking for straight facts about obesity, part 1 of this series is a much better choice. This educational video talks about how to treat obesity primarily.

Citation:

Annotation:
Cardiology is the study of the heart, its functions and disease. This book analyzses diseases of the heart, treatment and prevention of many forms of cardiovascular disease. The book is a specified resource meant for healthcare professionals. It defines the pathophysiology of Coronary Artery Disease, and the risk factors associated with the disease, such as obesity. The main aspect of this book is ways to prevent cardiovascular disease. It presents information on different types of therapy treatment such as exercise and non fatty diets, different types of beta blocker medications and other various types of medicinal therapy. The information is presented through research and clinical trials. This is a terrific resource for readers looking for information based on mechanics behind heart disease and is very clear and understandable.

Citation:

Annotation:
With the increased prevalence of obesity in the nation, the understanding of the disease is very important. This book is a wealth of information on the topic of Obesity. Although it is meant for healthcare professionals it presents easy to understand information to readers from the general public. The book covers the main topics in the obesity field, such as what obesity is, and ways to prevent and treat the disease. The book also presents information through charts and graphs that are easy to interpret and
understand. Unlike other obesity books this book has a great section dedicated to diet and portion size. Many other books only address it, while this book actually goes into detail with charts and diagrams. The factual information is clear cut and a great source to get a real understanding of the obesity epidemic.

**Citation:**

**Annotation:**
This journal article discusses the effects of a weight loss program in respect with dietary restriction. The journal article states that patients who undergo diet and exercise will exhibit more weight loss than diet or exercise alone. The factual data presented shows that it is important for patients to participate in physical activity programs so they do not lose fat-free mass and to lose adipose tissue. The journal article also takes into account the different types of training available such as resistance training and endurance training and how each are important to maintain body composition while losing excess fat. This article is a terrific source of information to once again correlate physical activity with weight reduction as both in treatment and prevention.