Although research on obesity has accelerated over the past decade, the proportion of Americans considered obese has not declined. In order to address this critical public health challenge, obesity research has recently shifted from focusing purely on individual causes to viewing individuals within their "obesogenic" or living environments. Encompassing both schools of thought, Obesity 101 is the first volume to offer a broad and balanced perspective on the complex factors that influence obesity.

The text combines current research from multiple perspectives to provide an introductory-level, reader-friendly overview of the history, causes, prevalence, consequences, treatments, and future trends in the prevention of obesity. It integrates research from a vast range of disciplines in the biological and social sciences, as well as education and economics. The text explores the gamut of current treatments for obesity, in addition to prevention programs in schools, the workplace, the community, and the arena of public policy, and offers an assessment of their efficacy. Since obesity is a burgeoning problem in the developing world, as well as having already reached epidemic proportions in many developed nations, the book also discusses international trends.