Table of contents

Foreword and Acknowledgements ................................................................. iv
Working Group members .......................................................................... v
Executive summary ................................................................................... viii
Abbreviations ........................................................................................... xv

Chapter 1 ..................................................................................................... 1
Global trends in overweight and obesity

Chapter 2 .................................................................................................... 9
The double burden of malnutrition in low- and middle-income countries

Chapter 3 .................................................................................................. 17
Can energy intake and expenditure (energy balance) be measured accurately in epidemiological studies? Is this important?

Chapter 4 .................................................................................................. 25
How are components of dietary intake, dietary composition, foods, and nutrients related to obesity and weight gain?

Chapter 5 .................................................................................................. 37
How are overall energy intake and expenditure related to obesity?

Chapter 6 ................................................................................................. 43
Physical activity, sedentary behaviour, and obesity

Chapter 7 .................................................................................................. 49
What existing epidemiological data could serve to better understand the relationship of energy intake and expenditure to obesity and the obesity epidemic?

Chapter 8 .................................................................................................. 57
Cultural determinants of obesity in low- and middle-income countries in the Eastern Mediterranean Region

Chapter 9 .................................................................................................. 69
Potential mechanisms in childhood obesity: causes and prevention

Chapter 10 .............................................................................................. 79
The interplay of genes, lifestyle, and obesity

Chapter 11 .............................................................................................. 89
The gut microbiota and obesity

Chapter 12 .............................................................................................. 95
Molecular and metabolic mechanisms underlying the obesity–cancer link

Chapter 13 ............................................................................................ 105
What steps should be recommended and implemented to prevent and control the obesity epidemic?

Chapter 14 ............................................................................................ 113
Which new data are needed to explore the relationships of diet and dietary patterns to obesity and weight gain?

Disclosures of interests ............................................................................. 119