

Contents

Preface. Why a Handbook on weight control and physical activity ?

xii

1. Characteristics of weight control and physical activity

Weight control	1
<i>Anthropometric measures</i>	1
<i>Definition of obesity, overweight, underweight</i>	2
<i>Causes of obesity</i>	2
<i>Timing of obesity</i>	4
<i>Measures of weight</i>	5
Physical activity	6
<i>Definition of physical activity</i>	6
<i>Measurement of physical activity</i>	6
<i>Concluding comments</i>	12

2. Occurrence, trends and analysis

Weight profiles	13
<i>Prevalence of obesity in developing/developed countries</i>	13
<i>Age, sex, social class and education</i>	18
<i>Obesity during childhood and adolescence</i>	20
Physical activity	23
<i>National surveys</i>	23
<i>Total prevalence of physical activity</i>	30
<i>Prevalence of physical activity according to sociodemographic characteristics</i>	31
<i>Trends in physical activity prevalence</i>	38
<i>Children and adolescents</i>	38
<i>Concluding comments</i>	38

3. Preventing weight gain and promoting physical activity

Diet and prevention of weight gain	41
Prevention of weight gain through physical activity	42
Community interventions for prevention of weight gain	45
Prevention of weight regain after prior weight reduction	46
How to increase physical activity	49
Lessons to be learned from other successful public health campaigns	51

4. Metabolic consequences of overweight, underweight and physical activity/inactivity

Humans	53
<i>Insulin resistance</i>	53
<i>IGF-I and IGF-binding proteins</i>	56
<i>Total and bioavailable sex steroids</i>	59
<i>Other hormones</i>	63
<i>Immune function</i>	63
<i>Intervention trials</i>	65
Experimental models	78
<i>Methodological issues</i>	78
<i>Decreasing dietary intake for weight control</i>	79
<i>Physical activity</i>	80
<i>Combined exercise and decreased energy intake</i>	82

5. Cancer-preventive effects

Human studies	
<i>Methodological considerations</i>	83
<i>Weight and weight control</i>	85
<i>Colorectal cancer</i>	85
<i>Breast cancer</i>	95
<i>Endometrial cancer</i>	112
<i>Ovarian cancer</i>	115
<i>Prostate cancer</i>	117
<i>Kidney cancer</i>	120
<i>Lung cancer</i>	124
<i>Oesophageal cancer</i>	126
<i>Pancreatic cancer</i>	126
<i>Cancer of the head and neck</i>	129
<i>Testicular cancer</i>	129
<i>Cancer of the thyroid</i>	131
<i>Gall-bladder cancer</i>	131
<i>Malignant melanoma</i>	133
<i>Cervical cancer</i>	133
<i>Other cancer sites</i>	133
<i>Population attributable risk</i>	133
<i>Physical activity</i>	134
<i>Colorectal cancer</i>	134
<i>Breast cancer</i>	144
<i>Endometrial cancer</i>	155
<i>Ovarian cancer</i>	158

Prostate cancer	158	8. Other adverse effects of weight control and physical activity	
Kidney cancer	162	Health effects	229
Lung cancer	163	<i>Human studies</i>	229
Testicular cancer	163	<i>Experimental studies</i>	233
Population attributable risk	167	Reproductive and developmental effects	233
<i>Intervention studies of intermediate markers of cancer</i>	167	<i>Human studies</i>	233
Experimental systems	169	<i>Experimental studies</i>	234
<i>Design issues in diet, exercise and experimental carcinogenesis</i>	169	Genetic effects	234
<i>Weight control</i>	170	<i>Human studies</i>	234
<i>Physical activity</i>	184	<i>Experimental studies</i>	234
<i>Intermediate biomarkers</i>	188	9. Summary of data	
Mechanisms of cancer prevention	192	Characteristics, occurrence, trends and analysis of weight and physical activity	235
<i>Human studies</i>	193	Metabolic consequences of overweight and physical activity	236
<i>Experimental studies</i>	199	Cancer-preventive effects	237
6. Other beneficial effects		Carcinogenicity	242
Weight control	207	Other beneficial effects	242
<i>All-cause mortality</i>	207	Other adverse effects	242
<i>Cardiovascular disease</i>	213	10. Recommendations	
<i>Hypertension</i>	213	Recommendations for research	245
<i>Type II diabetes</i>	213	Recommendations for public health	247
<i>Other morbidity</i>	215	11. Evaluation	
<i>Effects on surrogate markers</i>	215	Cancer-preventive activity	249
<i>Visceral adipose tissue</i>	215	Overall evaluation	250
<i>Psychosocial aspects and quality of life</i>	216	References	251
Physical activity	216	Glossary	305
<i>Total mortality</i>	217	Sources of figures	307
<i>Cardiovascular disease</i>	217	Working Procedures	309
<i>Type II diabetes</i>	220		
<i>Hip fracture</i>	221		
<i>Other health outcomes</i>	221		
<i>Effects on surrogate markers</i>	221		
7. Carcinogenicity			
Human studies	225		
Experimental models	225		
<i>Weight control</i>	225		
<i>Physical activity</i>	227		