



Obesity Interventions in Underserved Communities: Evidence and Directions

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The obesity epidemic has a disproportionate impact on communities that are hard-hit by social and economic disadvantages. In *Obesity Interventions in Underserved Communities*, a diverse group of researchers explores effective models for treating and preventing obesity in such communities. The volume provides overviews of the literature at specific junctures of society and health (e.g., the effectiveness of preschool obesity prevention programs), as well as commentaries that shape our understanding of particular parts of the obesity epidemic and field reports on innovative approaches to combating obesity in racial/ethnic minority and other medically underserved populations in the United States. Authors make specific recommendations to policy makers which are designed to reverse the rising rate of obesity dramatically.

The thirty-one literature reviews, commentaries, and field reports collected here address obesity prevention and treatment programs implemented across a spectrum of underserved populations, with particular attention paid to children and adolescents. Aimed at students, clinicians, and community workers in public health and health policy, as well as family medicine and pediatrics, sociology, childhood education, and nutrition?and deeply informed by fieldwork?this book demonstrates the importance of taking a full contextual view, both historical and current, when considering the challenge of reversing upward obesity trends among ethnic minorities, impoverished people, and other underserved populations.

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