## REFERENCES

- 1. *American Heritage Dictionary*. Second College Edition. Boston: Houghton Mifflin Company, 1985.
- 2. Obesity mars boomer health gains. Online. MSNBC News. 21 May 2002 <a href="http://www.msnbc.com/news/754937.asp">http://www.msnbc.com/news/754937.asp</a>.
- 3. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. Executive summary. National Institutes of Health, National Heart, Lung, and Blood Institute, June 1998.
- 4. Myers MD. Causes of obesity. Online. 13 May 2002. <a href="http://www.weight.com/causes/causes.html">http://www.weight.com/causes/causes.html</a>.
- 5. Ruppel Shell E. Don't tell Stephen O''Rahilly that losing weight is just a matter of willpower. *Discover* 2000;21(5).
- 6. Fat-related variation found in chromosomes? Online. ABC News. 21 February 2002. <a href="http://www.abcnews.go.com/sections/living/DailyNews/fatgene001219.html">http://www.abcnews.go.com/sections/living/DailyNews/fatgene001219.html</a>.
- 7. Vogel S. Why we get fat. *Discover* 1999;20(4).
- 8. The genetics of obesity. Online. Gramma's House. 7 March 2002. <a href="http://www.grammashouse.net/obesity4.htm">http://www.grammashouse.net/obesity4.htm</a>.
- 9. Law C. Adult obesity and growth in childhood. *BMJ* 2001;323:1320-1321.
- 10. Swinburn B, Egger G, Raza F. Dissecting obesogenic environments: the development and application of a framework for identifying and prioritizing environmental interventions for obesity. *Prev. Med.* 1999;29:563-570.
- 11. Critser G. Let them eat fat: the heavy truths about American obesity. *Harper's Magazine* 2000; March: 41-47.
- 12. Hunnicutt D. 30 great ideas. Presentation given April 14, 2002, at West Virginia State Health Education Council annual conference. Omaha, NE: Wellness Councils of America, 2001.
- 13. Young LR, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *Am J Public Health* 2002;92:246-249.
- 14. Welk GJ, Blair SN. Physical activity protects against the health risks of obesity. *President's Council on Physical Fitness and Sports Research Digest* 2000;3,12:1-5.

- 15. Rowland TW. Adolescence: a 'risk factor' for physical inactivity. *President's Council on Physical Fitness and Sports Research Digest* 1999;3(6):1-8.
- 16. Andersen RE, Crespo CJ, Bartlett SJ, Cheskin LJ, Pratt M. Relationship of physical activity and television watching with body weight and level of fatness among children. *JAMA* 1998;279:938-942,959-960.
- 17. CDC. National Center for Chronic Disease Prevention and Health Promotion. Adolescent and School Health. *School health policies and programs study 2000*. Online. 1 April 2002. <a href="http://www.cdc.gov/nccdphp/dash/shpps">http://www.cdc.gov/nccdphp/dash/shpps</a>.
- 18. CDC. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System prevalence data 2000*. Online. 26 June 2002. <a href="http://apps.nccd.cdc.gov/brfss">http://apps.nccd.cdc.gov/brfss</a>.
- 19. West Virginia Bureau for Public Health. Office of Epidemiology and Health Promotion. 2000 West Virginia behavioral risk factor survey. Charleston, WV: WVBPH, 2002.
- 20. Chodzko-Zajko WJ. Physical activity and aging: implications for health and quality of life in older persons. *President's Council on Physical Fitness and Sports Research Digest* 1998;3(4):3.
- 21. West Virginia Bureau of Employment Programs. Research, Information and Analysis Division. Personal communication. 25 June 2002.
- 22. U.S. Department of Health and Human Services. *Physical activity and health: a report of the Surgeon General*. Atlanta, GA: Centers for Disease Control and Prevention, 1996.
- 23. Blair SN and Leermakers EA. Exercise and weight management. In *Handbook of obesity treatment*, ed. by Wadden TA and Stunkard AJ. New York: The Guilford Press, 2002.
- 24. Visscher TLS and Seidell JC. The public health impact of obesity. *Annu Rev Public Health* 2001;22:355-375.
- 25. WHO, International Obesity Task Force, International Association for the Study of Obesity. *The Asian-Pacific perspective: redefining obesity and its treatment.* Australia: Health Communications, 2000.
- 26. Dietz WH, Robinson TN. Use of the body mass index(BMI) as a measure of overweight in children and adolescents. *J Pediatr* 1998;132(2).
- 27. Barlow SE, Dietz WH. Obesity evaluation and treatment: expert committee recommendations. *Pediatrics* 1998;102:e29.

- 28. Little P, Byrne CD. Abdominal obesity and the "hypertriglyceridaemic waist" phenotype. *BMJ* 2001;322:687-689.
- 29. Flegal KM, Carrol MD, Kuczmarski RJ, Johnson CL. Overweight and obesity trends in the United States: prevalence and trends, 1960-1994. *Int J Obes Relat Metab Disord* 1998;22:39-47.
- 30. Mokdad AH, Serdula MK, Dietz WH, Bowman BA, Marks JS, Koplan JP. The spread of the obesity epidemic in the United States, 1991-1998. *JAMA* 1999;282:1519-1522.
- 31. National Center for Health Statistics. Division of Data Services. *Prevalence of overweight among children and adolescents: United States, 1999.* Online. NCHS Health E-Stats. <a href="http://www.cdc.gov/nchs/products/pubs">http://www.cdc.gov/nchs/products/pubs</a>.
- 32. U.S. Preventive Services Task Force. Screening for obesity. In *Guide to clinical preventive services*, 2<sup>nd</sup> ed. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, 1996.
- 33. Strauss RS, Pollack HA. Epidemic increase in childhood overweight, 1986-1998. *JAMA* 2001;286:2845-2848.
- 34. Caterson ID. Obesity, part of the metabolic syndrome. *Clin Biochemist Rev* 1997;18(i):11-21.
- 35. Canadian Association of Cardiac Rehabilitation. An interview with Gerald Reaven: Syndrome X: the risks of insulin resistance. Online. <a href="http://www.cacr.ca/news/artiles/reaven0009.htm">http://www.cacr.ca/news/artiles/reaven0009.htm</a>.
- 36. Srinivasan SR, Myers L, Berenson GS. Predictability of childhood adiposity and insulin for developing insulin resistance syndrome (Syndrome X) in young adulthood. *Diabetes* 2002;51:204-209.
- 37. Vanhala MJ, Vanhala PT, Keinanen-Kiukaanniemi SM, Kumpusalo EA, Takala JK. Relative weight gain and obesity as a child predict metabolic syndrome as an adult. *Int J Obes* 1999;23:656-659.
- 38. Study links weight and diabetes in kids. Online. ABC News. 15 March 2002. <a href="http://abcnews.go.com/sect.../DailyNews/WIREkids diabetes020314.html">http://abcnews.go.com/sect.../DailyNews/WIREkids diabetes020314.html</a>.
- 39. Dietz WH. Overweight and precursors of type 2 diabetes mellitus in children and adolescents. *J Pediatr* 2001;138(4).
- 40. Kushner RF. Managing obesity: a call to action. Presentation given to the Academy of Managed Care Pharmacy in Minneapolis on April 28, 1999.

- 41. Colditz GA, Willett WC, Rotnitzky A, Manson JE. Weight gain as a risk factor for diabetes mellitus in women. *Ann Intern Med* 1995;122:481-486.
- 42. Chan JM, Rimm EB, Colditz GA, Stampfer MJ, Willett WC. Obesity, fat distribution, and weight gain as risk factors for clinical diabetes in men. *Diabetes Care* 1994;17:961-969.
- 43. Boyle JP, Honeycutt AA, Venkat Narayan KM, Hoerger TJ, Geiss LS, Chen H, Thompson TJ. Projection of diabetes burden through 2050. *Diabetes Care* 2001;24:1936-1940.
- 44. King DS, Wofford MR. Obesity and hypertension. *Drug Topics* 2000;3 January:59-66.
- 45. Mertens IL, Van Gaal LF. Overweight, obesity, and blood pressure: the effects of modest weight reduction. *Obes Res* 2000;8:270-278.
- 46. Huang Z, Willet WC, Manson JE, Rosner B, Stampfer MJ, Speizer FE, Colditz GA. Body weight, weight change, and risk for hypertension in women. *Ann Intern Med* 1998;128:81-88.
- 47. Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. The relation of overweight to cardiovascular risk factors among children and adolescents: the Bogalusa Heart Study. *Pediatrics* 1999;103:1175-1182.
- 48. Khaodhiar L, McCowen KC, Blackburn GL. Obesity and its comorbid conditions. *Clin Cornerstone* 1999;2:17-31.
- 49. Myers MD. Complications of obesity. Online. 13 May 2002. <a href="http://www.weight.com/complications/complications.html">http://www.weight.com/complications/complications.html</a>.
- 50. Must A, Spadano J, Coakley EH, Field AE, Colditz G, Dietz WH. The disease burden associated with overweight and obesity. *JAMA* 1999;282:1523-1529.
- 51. Visser M, Bouter LM, McQuillan GM, Wener MH, Harris TB. Elevated C-reactive protein levels in overweight and obese adults. *JAMA* 1999;282:2131-2135 [Abstract].
- 52. Visser M, Bouter LM, McQuillan GM, Wener MH, Harris TB. Low-grade systemic inflammation in overweight children. *Pediatrics* 2001;107:e13.
- 53. Field AE, Barnoya J, Colditz GA. Epidemiology and health and economic consequences of obesity. In *Handbook of obesity treatment*, ed. by Wadden TA and Stunkard AJ. New York: The Guilford Press, 2002.
- 54. Hubert HB, Feinleib M, McNamara PM, Castelli WP. Obesity as an independent risk factor for cardiovascular disease: a 26-year follow-up of participants in the Framingham Heart Study. *Circulation* 1983;67:968-977.

- 55. Sheth SG, Gordon FD, Chopra S. Nonalcoholic steatohepatitis. *Ann Intern Med* 1997;126:137-145.
- 56. Most in U.S. unaware of cancer-obesity link. Online. CNN News. 12 July 2002. <a href="http://www.cnn.com/2002/HE...fitness/07/11/obesity.cancer/index.html">http://www.cnn.com/2002/HE...fitness/07/11/obesity.cancer/index.html</a>.
- 57. U.S. Department of Health and Human Services. Overweight and obesity: a major public health issue. *Prevention Report* 2001;16.
- 58. Asthma and obesity 'link.' Online. BBC News. 15 March 2002. <a href="http://news.bbc.co.uk/hi/english/health/newsid-1604000/1604482.stm">http://news.bbc.co.uk/hi/english/health/newsid-1604000/1604482.stm</a>.
- 59. Loube DI, Loube AA, Erman MK. Continuous positive airway pressure treatment results in weight loss in obese and overweight patients with obstructive sleep apnea. *J Am Dietetic Assoc* 1997;97:896-897.
- 60. Pseudotumor cerebri. *Health illustrated encyclopedia*. Online. 18 June 2002. University of Pennsylvania Health System. <a href="http://www.pennhealth.com/ency/article/000351.htm">http://www.pennhealth.com/ency/article/000351.htm</a>.
- 61. Myers MD. Obesity and binge eating disorder. Online. 13 May 2002. <a href="http://www.weight.com/Psychological/bed.html">http://www.weight.com/Psychological/bed.html</a>.
- 62. Obesity and depression. Online. OBGYN.net: Women and Patients' Forums. 18 June 2002. <a href="http://forums.obgyn.net/pcos/PCOS.0111'0456.html">http://forums.obgyn.net/pcos/PCOS.0111'0456.html</a>.
- 63. The worldwide obesity epidemic a review. Online. IndexMedico. 10 May 2002. <a href="http://www.indexmedico.com/english/obesity/obreview.htm">http://www.indexmedico.com/english/obesity/obreview.htm</a>.
- 64. Averett S, Korenman S. The economic reality of the beauty myth. *J Human Resour* 1996;31:304-330.
- 65. Frankenfield G. Obesity plus low self-esteem may lead to risky behavior in teens. Online. WebMDHealth. 18 March 2002. <a href="http://my.webmd.com/content/article/1728.54128">http://my.webmd.com/content/article/1728.54128</a>.
- 66. Allison DB, Fontaine KR, Manson JE, Stevens J, VanItallie TB. Annual deaths attributable to obesity in the United States. *JAMA* 1999;282:1530-1538.
- 67. Calle EE, Thun MJ, Petrelli JM, Rodriguez C, Heath CW. Body-mass index and mortality in a prospective cohort of U.S. adults. *N Engl J Med* 1999;341:1097-1141.
- 68. Manson JE, Willett WC, Stampfer MJ, Colditz GA, Hunter DJ, Hankinson SE, Hennekens CH, Speizer FE. Body weight and mortality among women. *N Engl J Med* 1998;333:677-685.

- 69. Wolf AM, Colditz GA. Current estimates of the economic cost of obesity in the United States. *Obes Res* 1998;6:97-106[Abstract].
- 70. Obesity claims over 4% of US healthcare money. Online. Applesforhealth. 6 June 2002. <a href="http://www.applesforhealth.com/obesityclaims1.html">http://www.applesforhealth.com/obesityclaims1.html</a>.
- 71. Quesenberry CP Jr, Caan B, Jacobson A. Obesity, health services use, and health care costs among members of a health maintenance organization. *Arch Intern Med* 1998;158:466-472.
- 72. Thompson D, Brown JB, Nichols GA, Elmer PJ, Oster G. Body mass index and future healthcare costs: a retrospective study. *Obes Res* 2001;9:210-218.
- 73. Obesity worse for health than smoking. Online. MSNBC News. 12 March 2002. <a href="http://www.msnbc.com/news/722933.asp">http://www.msnbc.com/news/722933.asp</a>.
- 74. Thompson D. Health economic aspects of obesity. Presentation for Policy Analysis, Inc., Brookline, MA, nd.
- 75. Wang G, Dietz WH. Economic burden of obesity in youths aged 6 to 17 years: 1979-1999. *Pediatrics* 2002;109:e81. Online. <a href="http://www.pediatrics.org/cgi/content/full/109/5/e81">http://www.pediatrics.org/cgi/content/full/109/5/e81</a>.
- 76. Obesity strains health care system. Online. MSNBC News. 1 May 2002. <a href="http://.msnbc.com/news/745875.asp">http://.msnbc.com/news/745875.asp</a>.
- 77. Institute of Medicine. *Weighing the options*. Washington, DC: National Academy Press, 1995.
- 78. Weight cycling: in some, the benefits of weight loss outweigh the risks. Online. National Institute of Diabetes & Digestive & Kidney Diseases. 31 July 2002. <a href="http://niddk.nih.gov/welcome/releases/10">http://niddk.nih.gov/welcome/releases/10</a> 18 94.htm>.
- 79. Leibel RL, Rosenbaum M, Hirsch J. Changes in energy expenditure resulting from altered body weight. *N Engl J Med* 1995;332:621-628.
- 80. Liebman B. Defensive eating. *Nutr Action Health Letter* 2001;28:1-13.
- 81. Wing RR, Hill JO. Successful weight loss maintenance. *Annu Rev Nutr* 2001;21:323-341 [Abstract].
- 82. Dickerson LM. Drug therapy for obesity. *Am Fam Physician* 2000;61:2131-2138.
- 83. Bray GA. Drug therapy of obesity. Online. 15 July 2002. <a href="http://www.uptodate.com/patient\_info/topicpages/topics/18800D5.asp">http://www.uptodate.com/patient\_info/topicpages/topics/18800D5.asp</a>.
- 84. Obesity treatments. Online. 15 July 2002. <a href="http://healthatoz.com/atoz/Obesity/treat.html">http://healthatoz.com/atoz/Obesity/treat.html</a>>.

- 85. Myers MD. Surgical treatment of obesity. Online. 13 May 2002. <a href="http://www.weight.com/obesitysurgery.html">http://www.weight.com/obesitysurgery.html</a>.
- 86. Obesity surgery surging in popularity. Online. CNN News. 29 April 2002. <a href="http://www.cnn.com/2002/HE...s/04/28/bariatric.surgery.ap/index.html">http://www.cnn.com/2002/HE...s/04/28/bariatric.surgery.ap/index.html</a>>.
- 87. Campbell C. Breast feeding is important. Letters. *BMJ* 2000;320:1401.
- 88. Fight childhood obesity: turn off the TV. Online. USA Today. 15 March 2002. <a href="http://www.usatoday.com/life/health/doctor/lhdoc069.htm">http://www.usatoday.com/life/health/doctor/lhdoc069.htm</a>.
- 89. Perry CL, Lytle LA, Feldman H. Effects of the child and adolescent trial for cardiovascular health (CATCH) on fruit and vegetable intake. *Nutr Res Newsletter* 1998;30:354-360.
- 90. Sorenson G, Stoddard A, Hunt MK, Hebert JR, Ockene JK, Avrunin JS, Himmelstein J, Hammond SK. The effects of a health promotion-health protection intervention on behavior change: the WellWorks Study. *Am J Public Health* 1998;88:1685-1690.
- 91. Reger B, Wootan MG, Booth-Butterfield S. A comparison of different approaches to promote community-wide dietary change. *Am J Prev Med* 2000;18:271-275.
- 92. Krummel DA, Gordon P, Newcomer RR, Lui X, Christy DM, Holmes A. Dietary intakes and leisure-time physical activity in West Virginians. *The West Virginia Medical Journal* 2001;97:295-301.
- 93. Committee on Diet and Health. Diet and health: implications of reducing chronic disease risk. Washington, DC: National Academy Press, 1989.
- 94. West Virginia Bureau for Medical Services. Unpublished Medicaid claims data, FY2001. Charleston, WV: 2002.
- 95. Public Employees Insurance Agency. Unpublished claims data, FY2001. Charleston, WV: 2002.
- 96. West Virginia Bureau for Public Health. *A healthier future for West Virginia: healthy people 2010.* Charleston, WV: West Virginia Bureau for Public Health, Office of Epidemiology and Health Promotion, 2000.
- 97. CDC. Nutrition and Physical Activity Work Group. *Guidelines for comprehensive programs to promote healthy eating and physical activity.* Champlain, IL: Human Kinetics, 2002.
- 98. West Virginia Bureau for Public Health. *The burden of cardiovascular disease in West Virginia*. Charleston, WV: West Virginia Bureau for Public Health, Office of Epidemiology and Health Promotion, 2001.