

NSC-150 Quiz 3 Study guide - Weight Management & Eating Disorders

20 questions multiple choice- You will have 20 minutes to complete it.

- What are some genetic factors related to obesity?
 - Previous obesity in the family, eating habits of parents, type 2 diabetes history
- What are some environmental factors related to obesity?
 - Alcohol consumption, diet, parent feeding behavior, physical activity
- What health conditions are associated with obesity
 - Sleep apnea, fatty liver, kidney disease, depression, pregnancy complications
- What is BMI- how is it calculated (what factors go in to the calculation)
 - The formula is weight in pounds divided height in inches. Then you multiply it by 703
- What is a normal/healthy BMI. What is obese BMI
 - Healthy – 18.5 – 24.9
 - Obese – anything above 30
- Does BMI work for everyone? Why or why not?
 - It does not work for everyone
 - It does not account for body fat percentage or body fat distribution
- What is a waist circumference that increases risk for chronic disease
 - 35 inches for non-pregnant women
 - Above 40 inches for men
- What is body composition? What is a healthy (acceptable) body fat percentage for males and females

Study Guide Weight Management

R Bogdan



Study Guide Weight Management:

Study Guide Weight Management Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Study Guide Weight Management**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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