Study Guide – Weight Management

**Vocabulary**
Anorexia nervosa
Bariatric surgery
Basal metabolic rate (BMR)
Body mass index (BMI)
Bulimia nervosa
Gastric banding
Gastric bypass
Overweight
Obese

**Important Concepts**
Be familiar with the 3 methods we discussed for determining your potential weight-related health risks (BMI, waist circumference, WHR)

What kinds of factors influence obesity rates?

What factors contributed to the obesity epidemic?

What are the health risks associated with obesity?

Be able to list recommendations for managing your weight if you are underweight.

Do diets work?

Why are extremely low calorie diets dangerous?

What are steps to successfully losing weight and keeping it off?

Understand the potential benefits and risks of bariatric surgery.

Know the characteristics of anorexia nervosa and bulimia nervosa.