

- 1 **Energy Balance**
 - Consequences of Unbalanced Energy Budgets
 - Influences on Energy Balance
 - Determining Energy Requirements
 - Obesity: definition, causes, health risks
 - Eating Disorders
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- 2 **Energy Balance**
 - Body weight regulated by a variety of processes
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 - Unbalanced energy intake
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 - Energy storage in body fat
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- 3 **Influence on Energy Balance**
 - Hunger:
 - Appetite:
 - Regulation:
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- 4 **Determining Energy Requirements**
 - Energy Intake:
 - Energy Output:
- 5 **Basal Metabolic Rate**
 - Definition
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 - % of total energy requirement
 - Determining Basal Metabolic Rate
 -
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- 6 **Factors Affecting Basal Metabolic Rate**
 - Lean Body Mass
 - Gender
 - Temperature
 - Thyroid
 - Age
 - Nutritional Status
 - Aging
 - Low Calorie Diet
- 7 **Defining a Healthy Weight**
 - Body Mass Index
 - Body Composition
 - Fat Distribution
 -
- 8 **Obesity**

- Definition
- Body Mass Index
- % Body Fat
- Distribution of Fat
-

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Health Risks of Obesity

- Cardiovascular
- Diabetes
- Hypertension
- Cancer
- Hormonal
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Eating Disorders

Anorexia Nervosa

Bulimia

Binge Eating Disorder

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