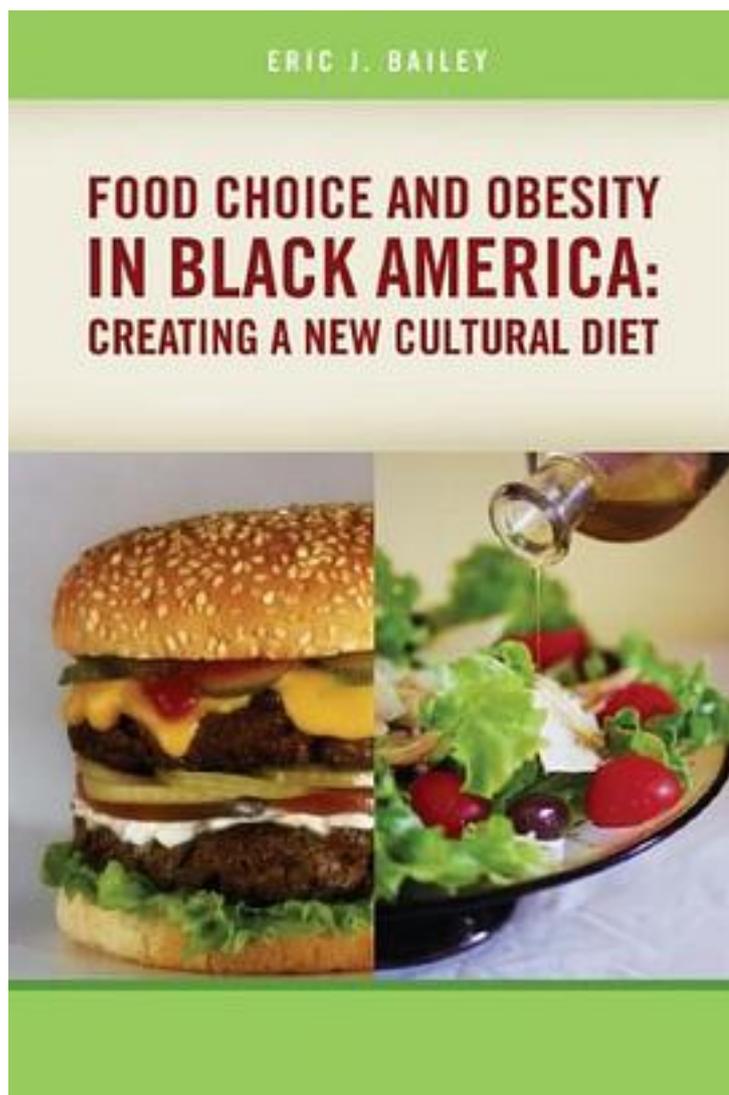


Food Choice and Obesity in Black America



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Providing a cultural and holistic analysis of African American food preferences, anthropologist Eric Bailey shows us how black Americans generally perceive health, body image, food, dieting, physical fitness, and exercise. Like the majority of Americans overall, black Americans are becoming more overweight and obese than ever before. So, too, they are seeing the consequences - heart attacks, strokes, hypertension, and Type II diabetes at earlier and earlier ages. Bailey offers a new "cultural" diet for black Americans and a way to work together collectively to not only understand this critical health issue, but also to establish a lifestyle strategy that will be both effective and manageable. This work will interest not only general readers, but also students and scholars in health and medicine, psychology and health psychology, nursing and social work. Views on celebrity black Americans who have fought battles against their weight, a review of soul food cookbooks and the cultural history of black American cuisine, and a critique of the lack of corporate America's marketing of health and fitness programs and items to the black American community are spotlighted. Research on black American culture, diet, and body image is presented. The book also includes an overview of federally funded diet and fitness programs for black Americans that have seen some success.

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