



Reviews

“The compilation and dissemination of this body of knowledge, based on evidence and lessons learned from model programs make for major contribution to countries in the region and throughout the world.”

“Researchers, practitioners, and students working in the fields of nutrition, healthy lifestyles, public health, and international health will welcome this book as an excellent resource.”

—American Journal of Human Biology, June 2006

“Nutrition and an Active Life: From Knowledge to Action may become an important resource on best practices at the national and community levels for clinicians and health workers in developing countries, and for professionals in agencies involved with international programmatic and policy endeavors.”

“In conclusion, the clarity of the exposition and good quality of graphics should all contribute to making this book appealing also for non-specialist readers who need information on aspects of the field in which they are less familiar.”

—Nutrition Metabolism and Cardiovascular Diseases. April 2006

“There is no much to learn here, whether you are from a developed or developing country, and much of this is put across in a genuine and clear way. This book will be of use in many spheres from health promotion and education to planning and policy development sectors, as well of course for those who wish to provide global examples of effective practice in their teaching.”

— British Food Journal, Volume 108 Issue 3 2006

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Description

This publication, written by leading international public health professionals, highlights 13 case studies on a variety of topics including control of vitamin A deficiency, folic acid fortification of bread, control of iodine deficiency disorders, and the contribution of research to infant breast-feeding policies, as well as successful community projects to promote increased physical activity and the role of urban planning and public transportation in reducing the prevalence of sedentary lifestyles, among other important topics. Nutrition and an Active Life: From Knowledge to Action will become an important resource on best practices at the national and community levels for professionals working in health promotion, maternal and child health, nutrition, fitness, social marketing, and public health education.

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Pan American Journal of Public Health. Special Issue on Physical Activity
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