

## CONTENTS

|   |     |
|---|-----|
| Introduction: Some Weighty Thoughts on<br>Dieting and Epidemics | 1   |
| 1 Epidemic Obesity  | 14  |
| 2 Childhood Obesity   | 44  |
| 3 The Stigma of Obesity   | 78  |
| 4 Obesity as an Ethnic Problem                                  | 101 |
| 5 Regions of Fat  | 123 |
| 6 Chinese Obesity   | 137 |
| Conclusion: 'Globesity' and its Odd History                     | 164 |
| Notes   | 175 |
| Further Reading   | 217 |
| Index   | 224 |