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#### Annotated Bibliography

1. This article talked about a research project that looked at obesity as having some genetic factors. Just like some chronic diseases researchers are saying obesity could be a disease that is genetic in fashion and even with prevention may be inevitable due to evolution.
2. This article created research on different ethnic backgrounds and their risk of obesity based on ethnicity. Middle through late adolescence was the period of greatest risk for the transition from overweight to obesity. African American and Latina females had higher overweight and obesity prevalence than European American females throughout adolescence. The research followed different trends over the period of adolescence. It also notes that the majority (85%) of those who showed obesity onset were already overweight, while only 15% shifted from healthy weight, supporting the importance of BMI between 25 and 29.9 as a transitional category to obesity. The article talks about prevention at this transition point.
3. This article touches on the subject of physical activity. Physical activity meets most guideline for intervention criteria successfully as stated in the article and there should be no hesitation promoting it. Increasing levels of physical activity would have many benefits, notably for bone and cardiovascular health. The article touches on prevention methods to obesity with physical activity, cutting out sugar sweeten beverages, and tv time.
4. This study for this article went on to examine the effects of the consumption of sugar-sweetened beverages and of added sugars with total and abdominal obesity in American adults aged 20–39 years who participated in the 1999–2000 National Health and Nutrition Examination Survey in the U.S. According to the article the consumption of sweetened beverages has increased significantly over the last 30 years. The annual per

capita consumption of carbonated soft drinks increased 218%, i.e. from 24 gallons in 1970 to 53 gallons in 1997.