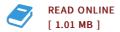




## Baby Boomer Health Dynamics: How are We Aging?

By Andrew V. Wister

University of Toronto Press. Paperback. Book Condition: new. BRAND NEW, Baby Boomer Health Dynamics: How are We Aging?, Andrew V. Wister, Are the baby boomers in Canada more or less healthy than previous generations? What are the implications of this for the national health care system? Baby Boomer Health Dynamic responds to the growing interest in the generation that makes up over one-third of the Canadian population - the largest segment of society - with the leading edge reaching their sixty-fifth birthday in 2011 and eighty-five by 2031. Focusing on four health behaviours that have been proven to be major risk factors for disease: smoking, unhealthy exercise, obesity, and heavy drinking - Andrew V. Wister researches the long-term implications of several key lifestyle-health conundrums, most notably the paradoxical relationship in the concurrent trends over the last two decades of increased exercise levels and a significant rise in obesity. This invariably leads to questions about the eating habits of North Americans, and in particular, the quantity and quality of fast-food and convenience-food consumption. Recent public declarations by a number of health organizations and institutes that we are experiencing an obesity crisis, and moreover, that obesity is the 'new tobacco' makes Baby...



## Reviews

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

## -- Sterling Kris

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me). -- Gavin Bosco IV