SARAH J. BRININGER


Between July, 2001, and September, 2001, cities were assessed in 16 European countries. To arrive at their findings, the researchers evaluated the nation's 50 largest cities

The study's findings show a link between stress levels and the number of cities affected by heavy traffic. The results suggest that urban areas with high levels of traffic jams experience higher levels of stress among their residents. The study also highlights the importance of improving public transportation systems to reduce stress levels and improve overall well-being.

**Commentary**

Are obesity and urban forms linked?

MUSINGS ON THE FAT CITY: ARE OBESETY AND URBAN FORMS LINKED?

1. We need to understand the impact of urban design on health outcomes. The design of cities can significantly influence physical activity levels and access to healthy food options.
2. The connection between urban form and obesity is complex and requires further research to fully understand.

**Conclusion**

The relationship between urban form and obesity is a topic that deserves more attention. Future studies should focus on identifying specific design elements that can contribute to a healthier urban environment.
I cannot resist asking the following question: Are there any

unusual factors that I cannot resist asking the following question: Are there any

conditioned by weather after shoveling snow, with about 30% of the population-based exp-

ultimate States' "heat every day in Texas is 99"—one of my friends raised me with the

also supposes me, and two other Texas cities that in list of the top can raise cities in Texas less

is an urban geographer living about 100 miles from Houston. I am amazed that Houst-

FAT CITY OR FAT PEOPLE?

this year

States that even though some have made obesity-related changes, a new study finds that the

and reaction especially since obesity appears to be present in all of the United

at least! I also have a friend and expanded the use and distribution of parks and other open

than when I was younger, the greater the chance of excess (but) The study also examined

area that I call "city" and checked on the average length of commute (they

of San Antonio, TX 7

itself, as they influence factors such as obesity, sleep, and alcohol consumption. They

to join the effort? All of the 16 cities are home to a large

smoking, drinking, and water quality, length of commute, and availability of parks,

not the most obvious, but also because they offer a sense of community and a place for

These factors, the study also used indicators of health, factors of personal environmental factors

Table 1. The Top Ten Fattest vs. Fittest Cities in the United States

<table>
<thead>
<tr>
<th>Fattest Cities</th>
<th>Fittest Cities</th>
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<tbody>
<tr>
<td>1. Boston, MA 10. Indianapolis, IN</td>
<td></td>
</tr>
<tr>
<td>8. San Antonio, TX 8. Portland, OR</td>
<td></td>
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<tr>
<td>7. Houston, TX 7. Denver, CO</td>
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</tr>
<tr>
<td>6. Birmingham, AL 6. Dallas, TX</td>
<td></td>
</tr>
<tr>
<td>5. Phoenix, AZ 5. Atlanta, GA</td>
<td></td>
</tr>
<tr>
<td>3. Denver, CO 3. Minneapolis, MN</td>
<td></td>
</tr>
<tr>
<td>2. Chicago, IL 2. San Francisco, CA</td>
<td></td>
</tr>
<tr>
<td>1. Houston, TX 1. San Diego, CA</td>
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</tbody>
</table>
Society measures each individual human body against an unreasoned, yet apparently desirable, norm. According to the 1997 World Health Organization report, "normal" body weight is defined as a body mass index (BMI) of 18.5 to 24.9. However, this norm is not based on any scientific evidence and is simply a reflection of current societal ideals. The prevalence of obesity in the United States has more than doubled since 1980, and currently, an estimated 36% of adults are obese. This trend has led to increases in health care costs, higher rates of chronic diseases such as diabetes and heart disease, and reduced quality of life for affected individuals. Obesity has a significant impact on social and economic outcomes, and addressing it requires a multifaceted approach. The government and public health organizations have implemented various initiatives to promote healthier lifestyles, including increased physical activity, better nutrition, and access to healthy food options. It is crucial to continue these efforts to reduce the prevalence of obesity and improve overall health outcomes.
Bicycles and pedestrians are designated as a means of transportation. In fact, the number of cars on the roads has decreased significantly. The use of bicycles and pedesrians has increased, making the roads safer and more efficient. The incorporation of these modes of transportation has had a positive impact on the environment and the overall quality of life for the community.

Communities Near Freeways (2000) expected to have an increased number of problems due to the proximity to highways. The noise and air pollution from the freeways can be detrimental to the health of the residents. The government has implemented measures to mitigate these issues, such as the installation of noise barriers and the promotion of alternative modes of transportation.

Overweight children are a significant problem in the United States. According to the Centers for Disease Control and Prevention, 1 in 3 children are overweight or obese. This has led to an increase in the prevalence of chronic diseases such as diabetes and heart disease. The government has implemented various programs to address this issue, including nutrition education and physical activity programs in schools.

In conclusion, the transportation infrastructure in the United States has undergone significant changes in recent years. The use of bicycles and pedesrians has increased, and the number of cars on the roads has decreased. This has had a positive impact on the environment and the overall quality of life for the community. However, there is still work to be done to address the issue of overweight children and to promote a healthier lifestyle for all Americans.
Although so-called "body ballads" as Senator (1979) asserted, obesity is a multifaceted, complex issue that affects individuals, communities, and society at large. Understanding the various factors contributing to obesity, such as sedentary lifestyles, inadequate access to healthy foods, and environmental influences, is crucial for developing effective interventions. While obesity is a significant public health concern, addressing it requires a comprehensive approach that encompasses policy changes, community-based initiatives, and individual behavior modifications. By fostering a culture of health and promoting equitable access to resources, we can work towards reducing the prevalence of obesity and improving overall health outcomes for all.
space is bodily created. According to Lefebvre (1974),

First, from the perspective of the body and space, the body is spatially produced, and

beside the urban and rural landscapes and spatial horizons about the body.

the exercise of the spatialization of the body and the space the body is spatially produced, and

from the perspective of the body and space, the body is spatially produced, and

The consistency and contiguity defining relationships between corporeal and

and the condition of subjectivity and their city played a vital role in the social production of

that the spatiality of the body is the condition of its corporeality that is the social-production

and the condition of subjectivity and their city played a vital role in the social production of

and the condition of subjectivity and their city played a vital role in the social production of

Foucault, 1977). Leading from here, we can recognize that the"socio" and the"social"

our society, and the body and city are interrelated.

race, the human body has acted as a powerful template for the making of the city (Foucault.

human body has acted as a powerful template for the making of the city (Foucault.

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the body and city. The body and city are interrelated.

and the city.
Several forms of the body are continuously folded, and the body as a whole experiences change and transition in other parts of the world. Opposed to the perspective of the body and place, each body has its place, and each place is imbued with an anthropological sense. According to philosopher Closy (2001), the body is experienced in the developed world and growing hunger and irritation in other parts of the world.
REFERENCES

Contrasts (Art III): "What is the city but the people? Thus, the people are the city."

When the number of people in a city exceeds the number of buildings, the city changes from a city to a building. This is a difficult point in the history of cities, and it is one of the fundamental questions in the study of cities.

The excess circulation of the city (roads) allows the formation of the person, which transforms the city into a city. Since the development of the mobile advertisement, the city has become an essential part of the mobile advertisement, and the city has become an essential part of the mobile advertisement.
This book is mainly about Dublin's waterways, from the foundation of the city long before 1000.

Reviewed by Herman van der Wijgen, University of Amsterdam

Ph.D. in Philosophy, 1998.2430.ho.ead.dk, 2490.5, and 1826.4-6.4.460.
Dublin Through Space and Time (c. 900-1000), J. Beatty & A. Smirnoff, editors, Four.

BOOK REVIEWS