





the 1990s, the number of people in the UK who are obese has increased by 50% (Health Survey for England 1995, 1997, 1999, 2001, 2003, 2005, 2007, 2009). The prevalence of obesity in the UK is now 23% in men and 26% in women (Health Survey for England 2009). The prevalence of obesity in the UK is similar to that in other developed countries (Health Survey for England 2009).

Obesity is a major risk factor for a number of chronic diseases, including type 2 diabetes, coronary heart disease, stroke, and certain types of cancer (World Health Organization 2000). Obesity is also a major risk factor for mental health problems, including depression and anxiety (Stamatiou et al. 2006). The prevalence of obesity in the UK is increasing, and this is likely to lead to a further increase in the prevalence of these chronic diseases.

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