

the 1990s, the number of people in the UK who are obese has increased by 50% (Health Survey for England 2001). Obesity is a risk factor for a number of chronic diseases, including coronary heart disease, stroke, type 2 diabetes, osteoarthritis, and certain types of cancer (World Health Organization 2000). The prevalence of obesity in the UK is 10% in men and 15% in women (Health Survey for England 2001). The prevalence of obesity in the UK is higher than in most other developed countries (Health Survey for England 2001).

Obesity is a complex condition, and its aetiology is multifactorial. It is caused by a combination of genetic, environmental, and behavioural factors. The most common cause of obesity is a combination of a sedentary lifestyle and a diet high in calories and fat. Other factors that can contribute to obesity include genetics, hormones, and certain medications.

Obesity is a major public health problem, and it is important to understand its aetiology in order to develop effective prevention and treatment strategies. This paper will review the current evidence on the aetiology of obesity, and will discuss the implications for public health and clinical practice.

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