

the 1990s, the number of people in the world who are obese has increased by 100% (World Health Organization 1997).

Obesity is a complex condition, with many causes. It is a multifactorial disease, with both genetic and environmental influences. The genetic component of obesity is complex, with many genes involved. The environmental component is also complex, with many factors involved. The most common environmental factors are diet and physical activity. Diet is a major factor in the development of obesity, with a diet high in calories and fat leading to weight gain. Physical activity is also a major factor, with a sedentary lifestyle leading to weight gain. Other factors that can contribute to obesity include stress, hormones, and certain medications.

Obesity is a major public health problem, with many complications. It is a leading cause of heart disease, stroke, and type 2 diabetes. It is also associated with many other health problems, including high blood pressure, asthma, and depression. Obesity is a preventable disease, and there are many ways to prevent it. A healthy diet and regular physical activity are the best ways to prevent obesity. Other ways to prevent obesity include avoiding stress, getting enough sleep, and avoiding certain medications.

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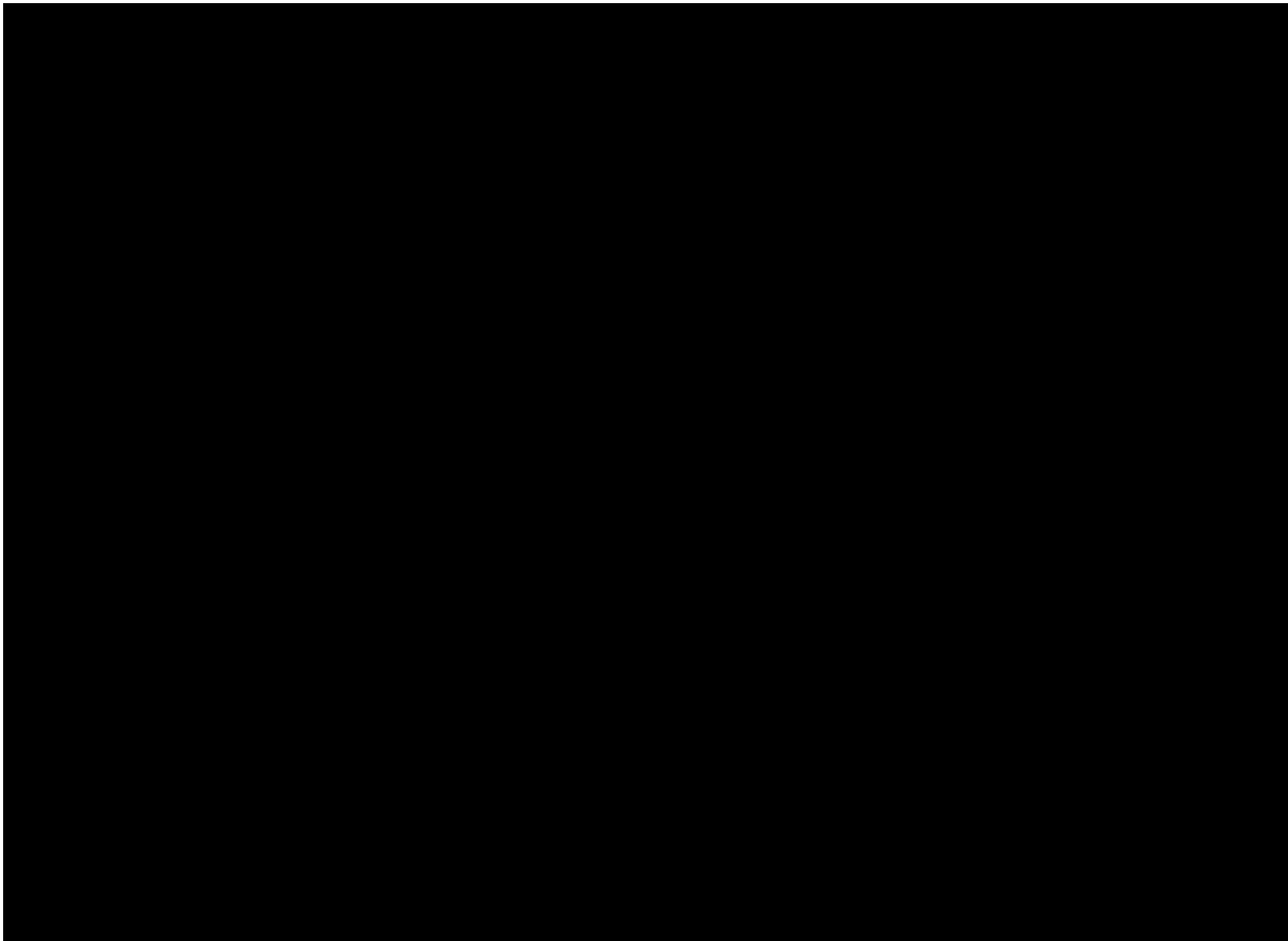
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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over from 5.5 million to 7.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people in the community. The Department of Health (1999) has published a strategy for older people, which sets out a vision for the future of older people's health and social care. The strategy is based on the principle of 'active ageing', which is the process of maintaining and enhancing the ability of older people to live independently, actively and with dignity. The strategy also sets out a number of key objectives, including: to improve the health and well-being of older people; to ensure that older people have access to the services and support they need; and to promote the participation of older people in society.

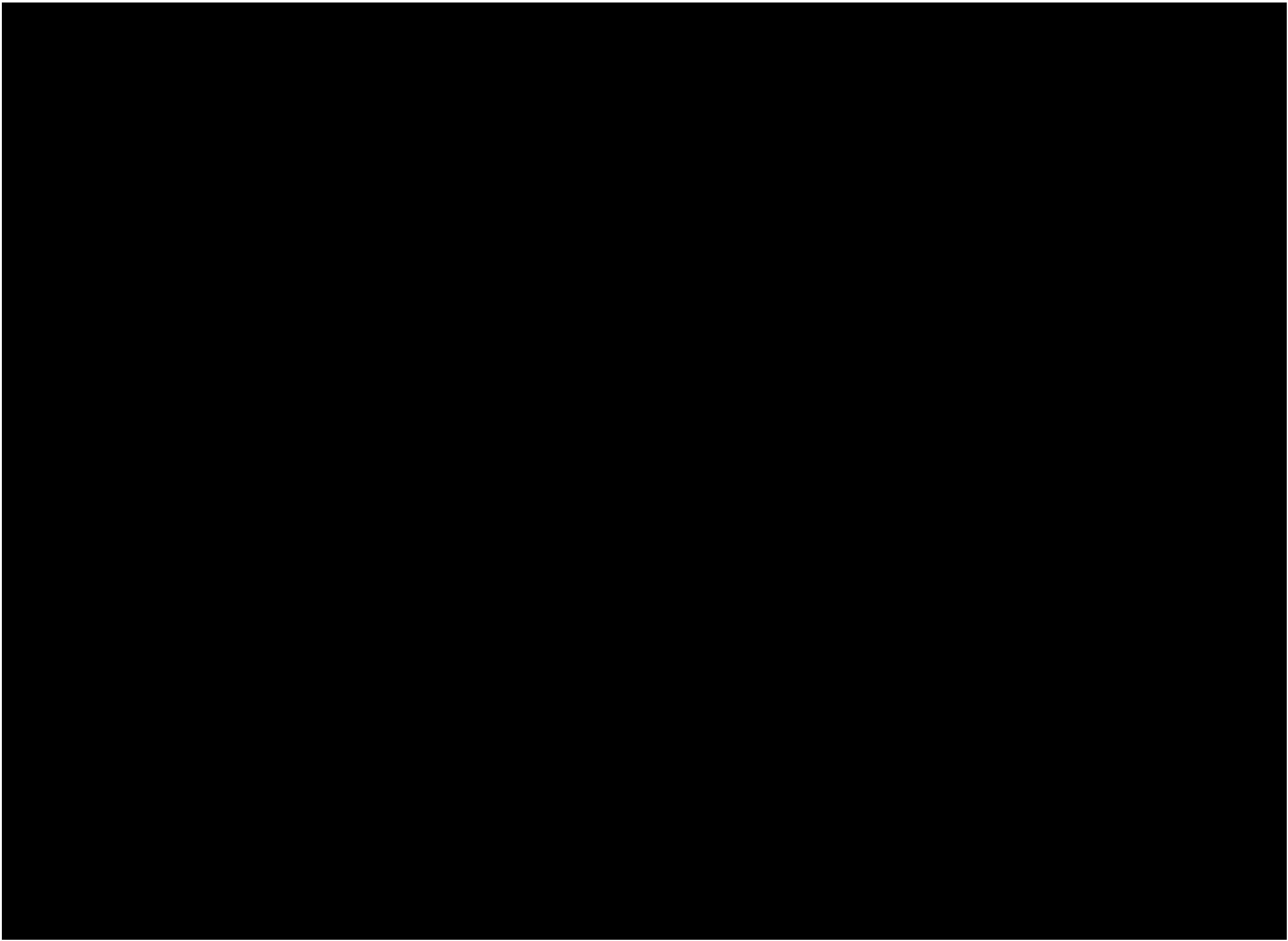
One of the key challenges facing the health and social care system is how to meet the needs of older people in the community. This is a complex task, as older people have a wide range of needs, including physical, mental, social and financial. The health and social care system must be able to meet these needs in a way that is sustainable and cost-effective. One of the ways in which this can be achieved is by promoting the participation of older people in the design and delivery of services. This can help to ensure that services are tailored to the needs of older people and that they are able to play an active role in their own care.

There are a number of ways in which older people can be encouraged to participate in the design and delivery of services. One way is through the use of participatory methods, such as focus groups and interviews. These methods can help to gather information about the needs and views of older people and can be used to develop services that are tailored to their needs. Another way is through the use of advisory panels, which can provide older people with a voice in the decision-making process. These panels can be made up of older people who are interested in the service and can provide advice and support to the service providers.

There are a number of benefits to promoting the participation of older people in the design and delivery of services. One benefit is that it can help to ensure that services are tailored to the needs of older people. This can lead to improved health and well-being for older people and can help to reduce the risk of hospital admission. Another benefit is that it can help to promote the independence and dignity of older people. By giving older people a voice in the decision-making process, they are able to play an active role in their own care and to make choices that are important to them.

There are a number of challenges to promoting the participation of older people in the design and delivery of services. One challenge is that older people may not have the resources or skills to participate. This can be addressed by providing training and support to older people and by ensuring that services are accessible to them. Another challenge is that older people may not be aware of the opportunities available to them. This can be addressed by raising awareness of the opportunities and by providing information and advice to older people.

In conclusion, promoting the participation of older people in the design and delivery of services is a key challenge facing the health and social care system. By promoting the participation of older people, we can help to ensure that services are tailored to their needs and that they are able to play an active role in their own care. This can lead to improved health and well-being for older people and can help to reduce the risk of hospital admission. It is important that we continue to explore ways in which we can promote the participation of older people in the design and delivery of services and that we ensure that all older people have the opportunity to participate.

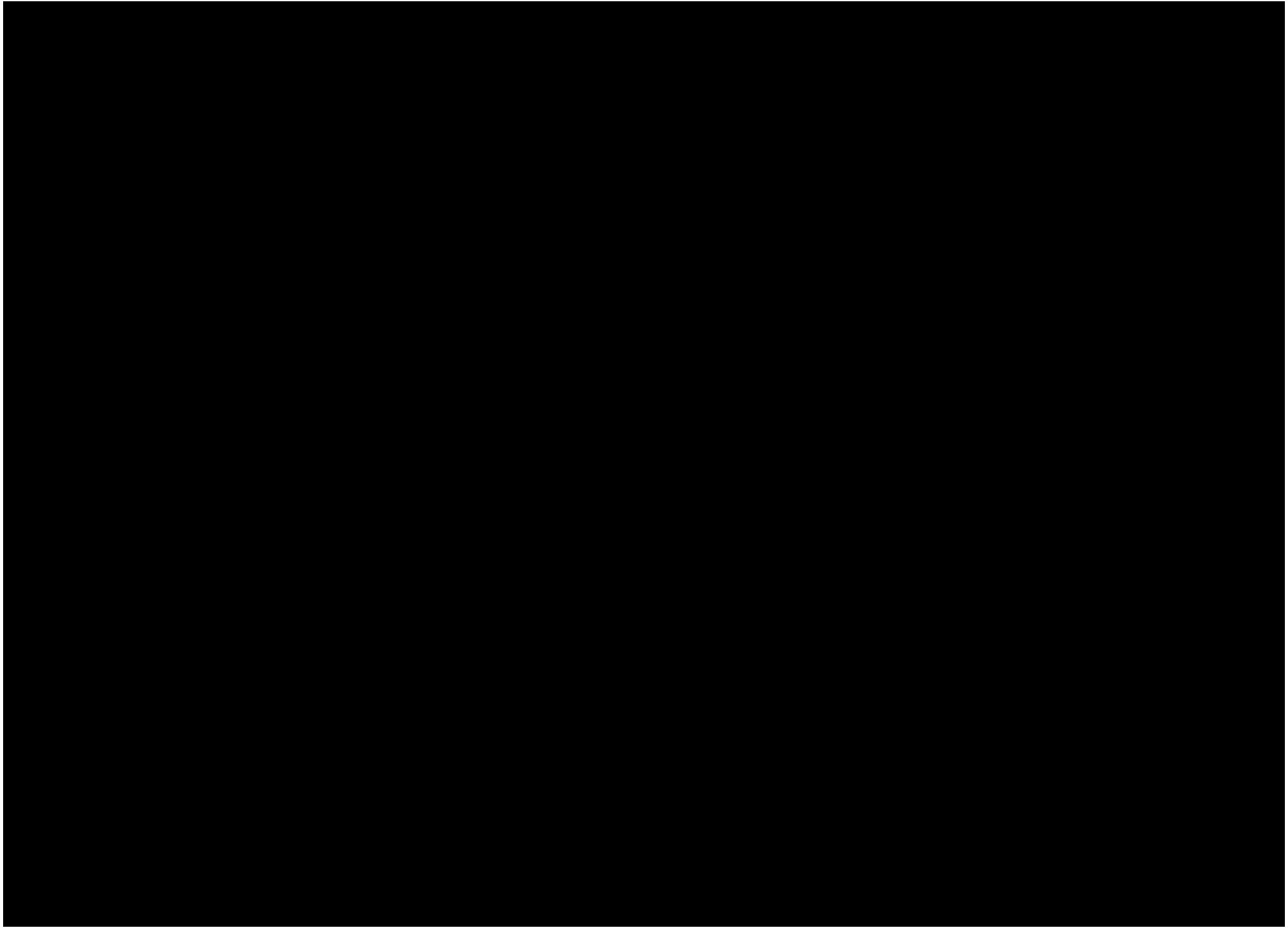




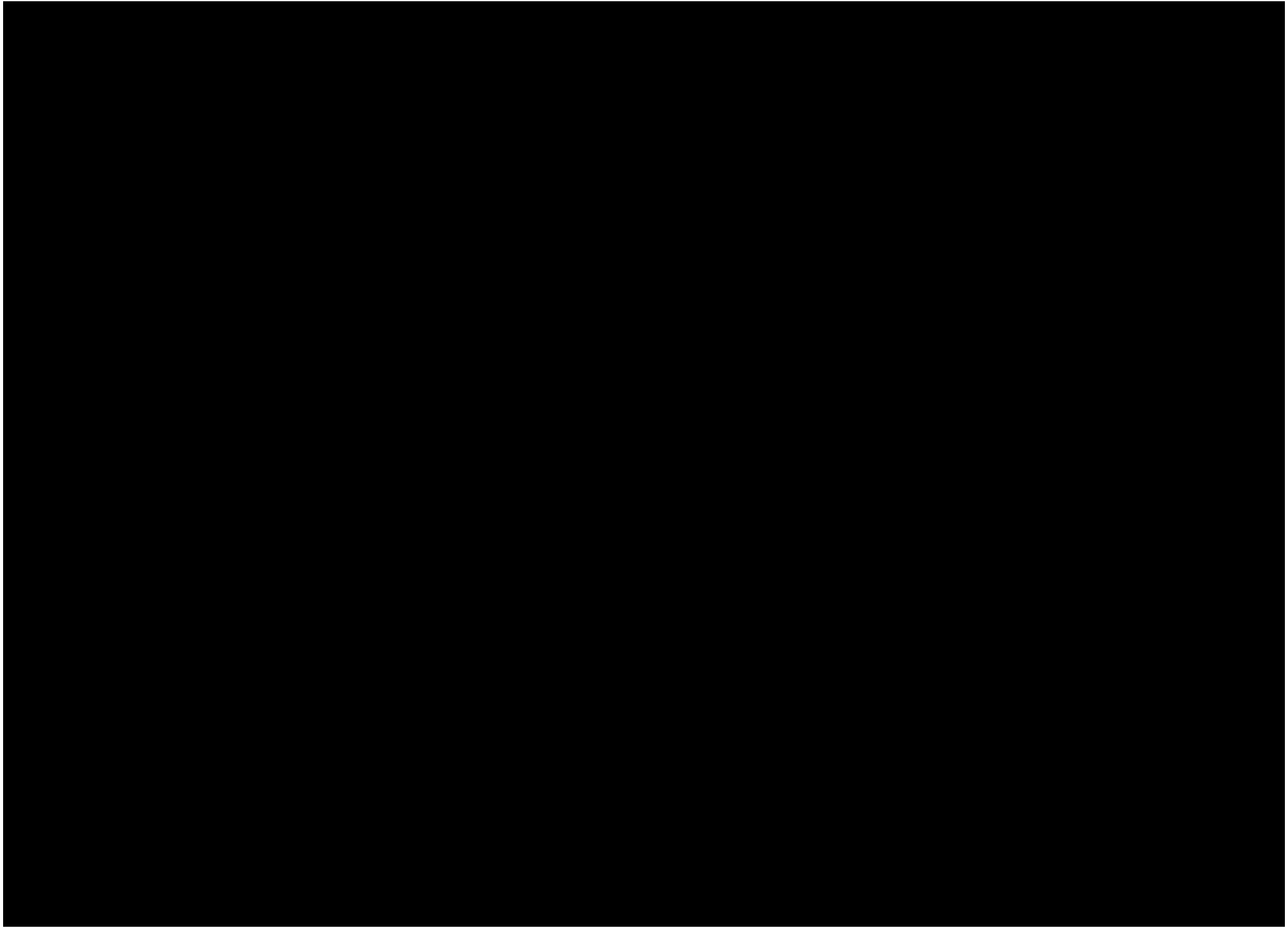


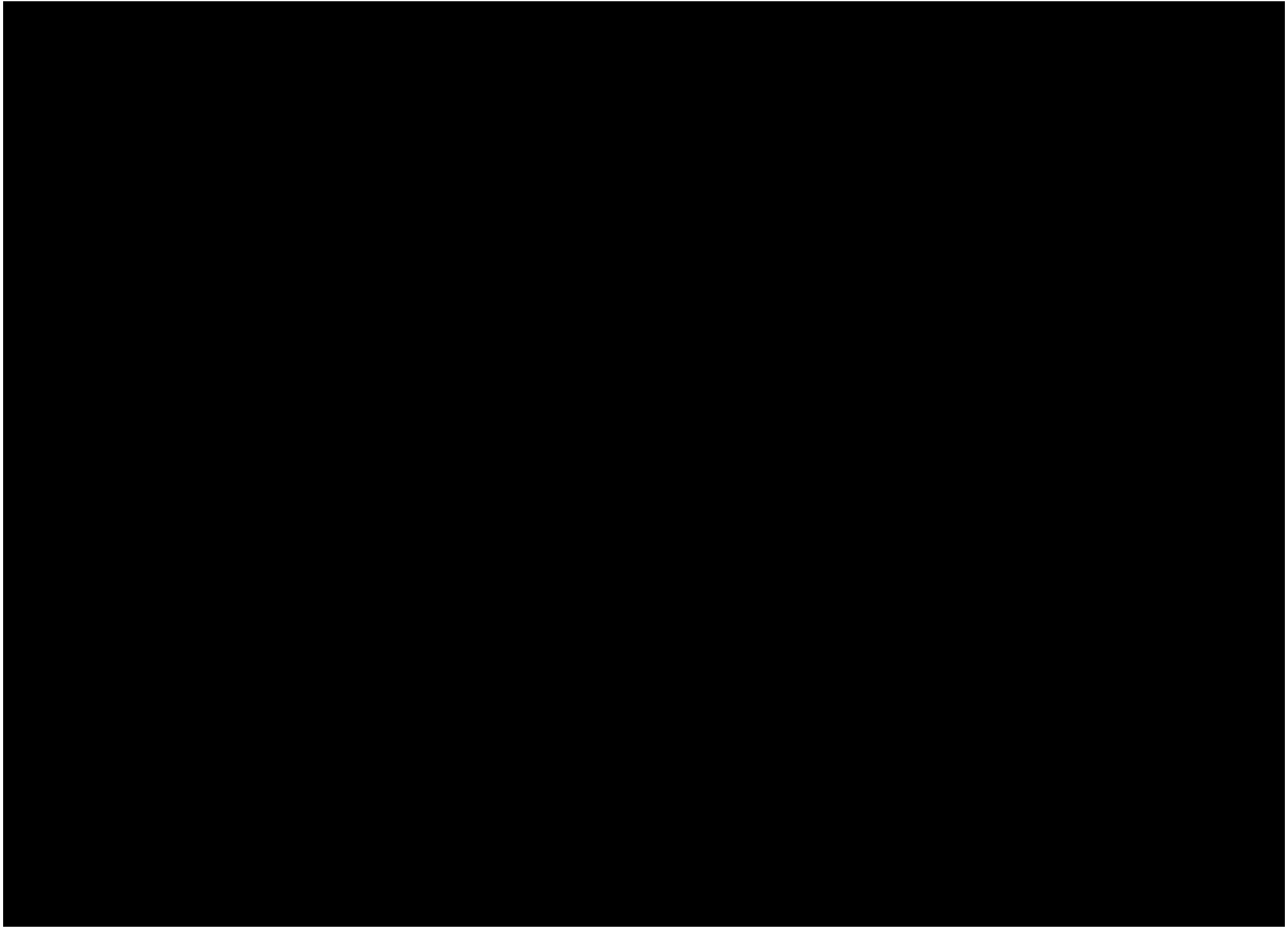












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There is a growing awareness of the need to address the needs of children in the 21st century. The United Nations Convention on the Rights of the Child (1989) is the most widely ratified human rights treaty in the world. It sets out the rights of children and the responsibilities of adults to protect and promote these rights.

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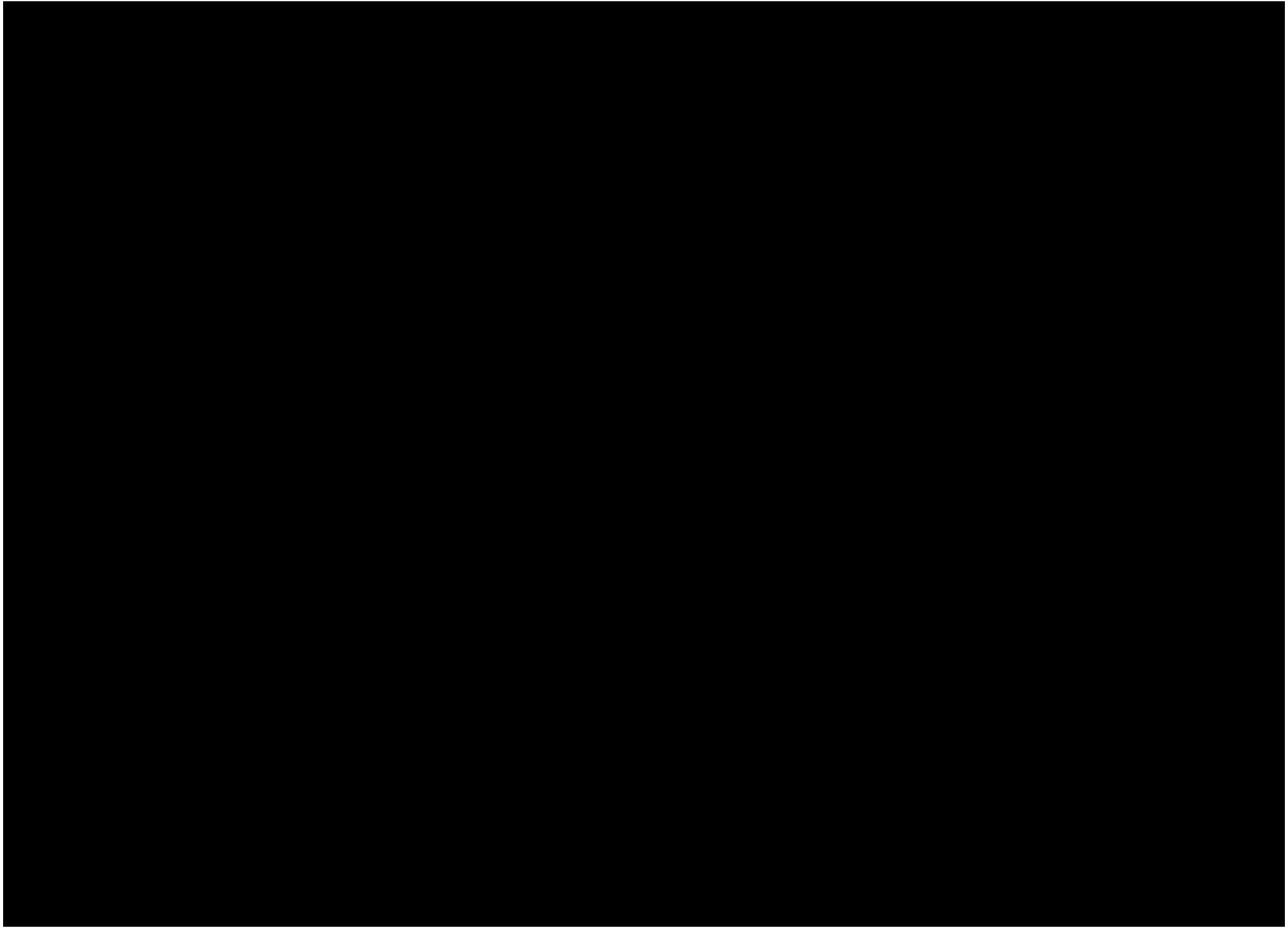
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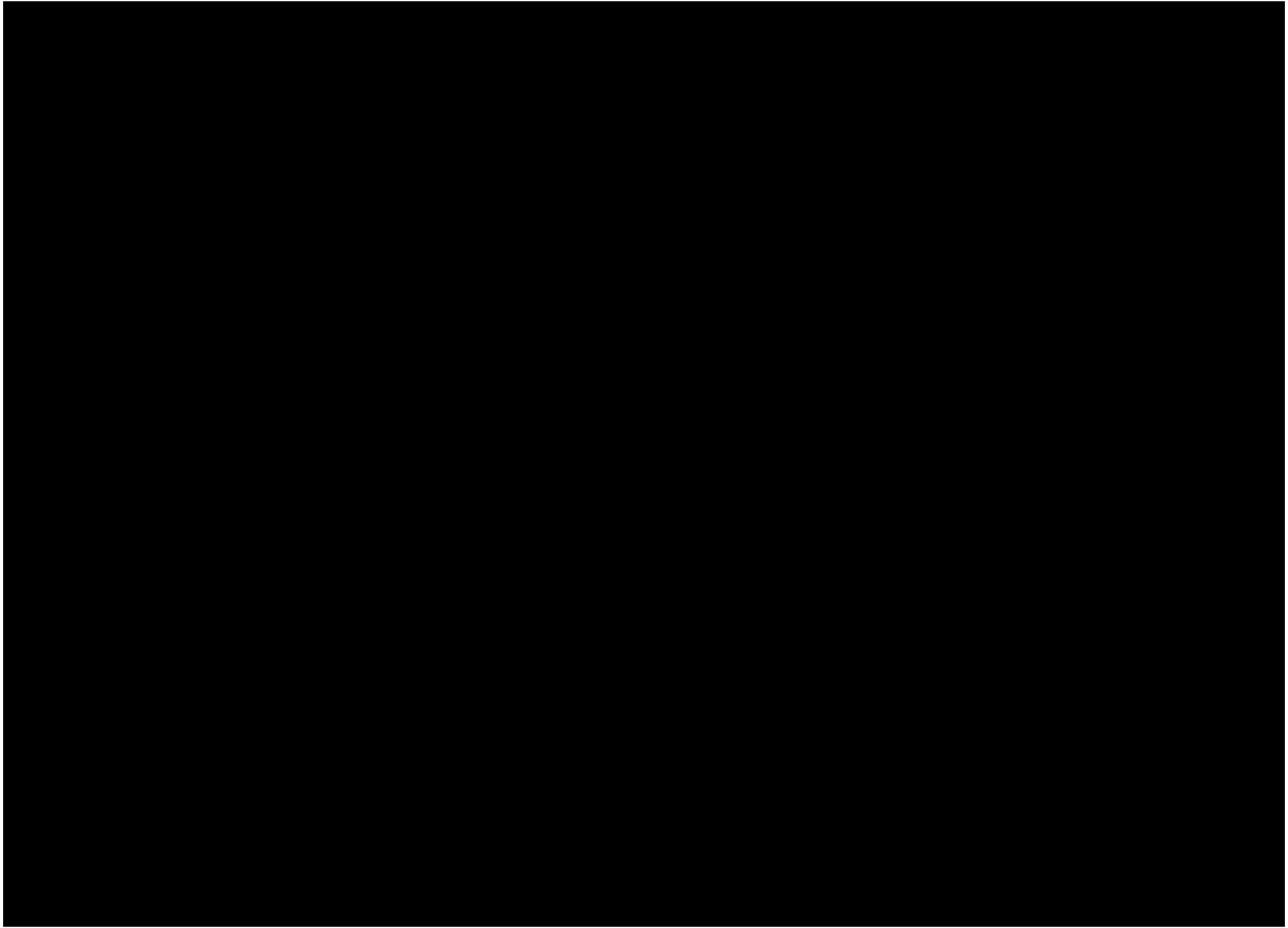
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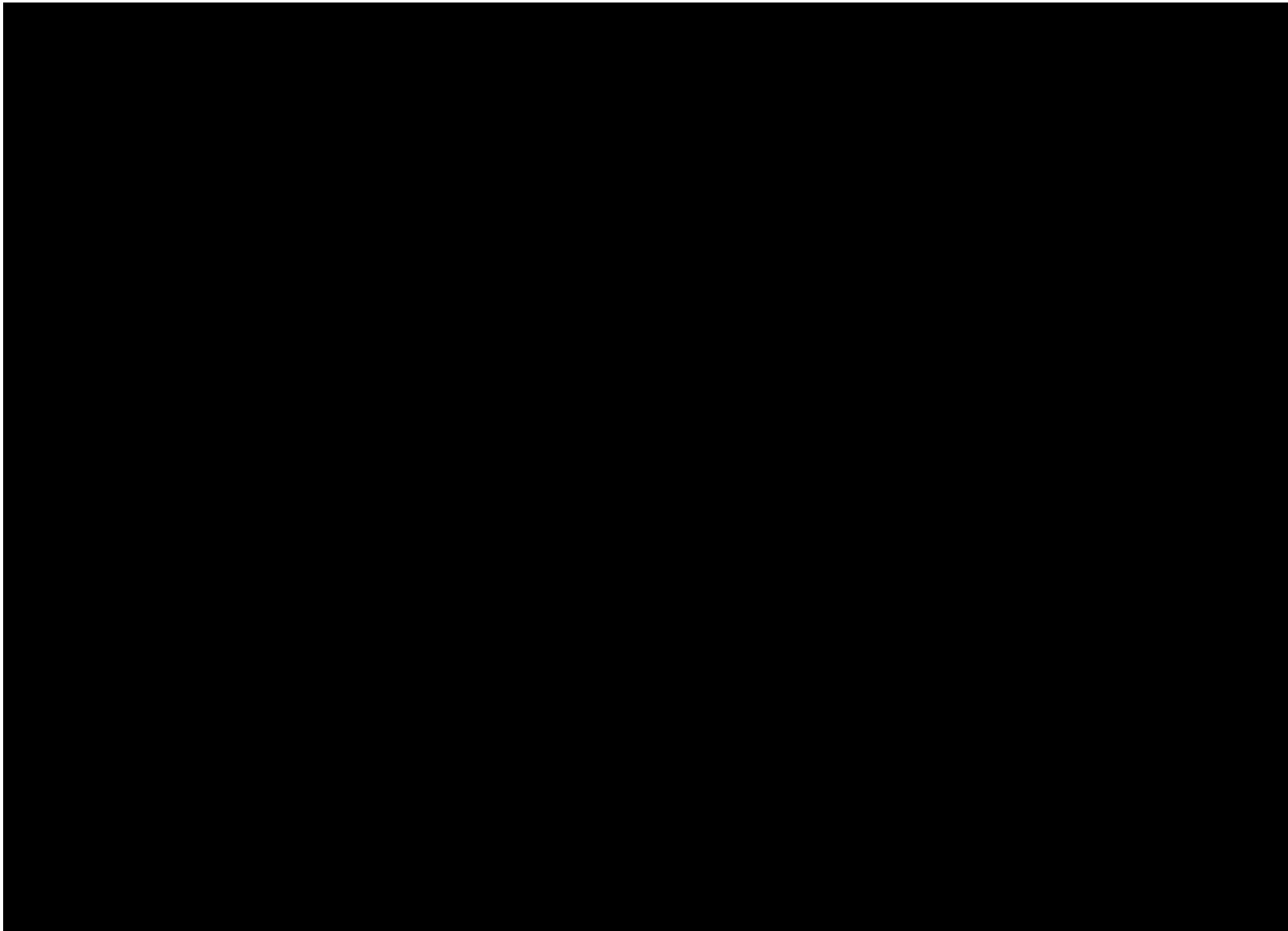
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