

the 1990s, the number of people with a diagnosis of schizophrenia has increased in the United Kingdom (Meltzer and Peck, 1998). The prevalence of schizophrenia in the United Kingdom is estimated to be 1.2% (Meltzer and Peck, 1998).

There is a growing body of evidence that people with schizophrenia are at an increased risk of developing physical health problems (Meltzer and Peck, 1998). This is due to a number of factors, including the side effects of antipsychotic medication, which can lead to weight gain, high blood pressure, and diabetes (Meltzer and Peck, 1998). In addition, people with schizophrenia are often less likely to engage in healthy lifestyle choices, such as regular exercise and a healthy diet (Meltzer and Peck, 1998).

As a result of these factors, people with schizophrenia are at a higher risk of developing physical health problems, such as heart disease, stroke, and diabetes (Meltzer and Peck, 1998). This is a significant public health problem, as it can lead to increased morbidity and mortality (Meltzer and Peck, 1998).

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