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Obesity is a complex condition, and its aetiology is multifactorial. It is a result of an imbalance between energy intake and energy expenditure. The energy intake is determined by the amount of food and drink consumed, and the energy expenditure is determined by the amount of physical activity. The imbalance between energy intake and energy expenditure is the result of a combination of genetic, environmental, and behavioural factors.

Obesity is a major public health problem because it is a risk factor for a number of chronic diseases, including heart disease, stroke, diabetes, and certain types of cancer. It is also a leading cause of disability and premature death. In the United States, obesity is the leading cause of death among children and adolescents (Flegal et al. 2002). In the United Kingdom, obesity is the leading cause of death among adults (Health Survey for England 1997).

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