







the 1990s, the number of people in the United States who are obese has increased by 50% (Flegal et al. 2002). In the United Kingdom, the prevalence of obesity has increased from 10% in 1980 to 15% in 1997 (Health Survey for England 1997). In the United States, the prevalence of obesity has increased from 15% in 1980 to 23% in 1994 (Flegal et al. 2002). In the United Kingdom, the prevalence of obesity has increased from 10% in 1980 to 15% in 1997 (Health Survey for England 1997).

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

Obesity is a complex condition that is caused by a combination of genetic, environmental, and behavioral factors. In the United States, the prevalence of obesity has increased from 15% in 1980 to 23% in 1994 (Flegal et al. 2002). In the United Kingdom, the prevalence of obesity has increased from 10% in 1980 to 15% in 1997 (Health Survey for England 1997).

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