



Obesity: Tackling the Problem at a Community Level

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ABSTRACT Obesity is an increasing problem world-wide, which has been attributed to a number of environmental factors including changes in diet and a reduction in physical activity. Primary prevention of obesity may be achievable through community based interventions. We describe initiatives undertaken within some of the 39 New Deal for Communities areas in England, that are targeting obesity. A diverse range of interventions are in operation targeting both dietary factors, such as increasing access to healthy food, cooking classes, educational seminars and weight management groups and levels of physical activity, with projects to reduce barriers to accessing sports facilities and improving the sports and leisure opportunities within communities. This paper considers the contribution of these community-based interventions to addressing overweight and obesity in local populations.

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