



THE SUNDAY TIMES

ESTABLISHED 1822

06.11.16 / 27

No appetite for obesity battle

Public Health England (PHE), the agency responsible for the prevention and management of obesity, acknowledges that television viewing is strongly associated with obesity in children and young adults owing to unhealthy dietary habits, sedentary behaviour and exposure to advertising. PHE campaign guidelines should be radically revised to focus on TV viewing and to offer a healthy alternative — reading. The latter enhances memory, improves sleep patterns and lowers levels of depression.

***Dr Kosta Manis, GP-Principal,
Obesity Lead, Sidcup, London***