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the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1.2 million (Office for National Statistics 2000). The number of people aged 65 and over is projected to increase to 6.5 million by 2020, and the number of people aged 75 and over to 4.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the health and social care needs of older people. The Department of Health (2000) has set out a strategy for the NHS to meet the needs of older people. The strategy is based on the following principles: (1) to ensure that older people have access to the services they need; (2) to ensure that older people are treated with respect and dignity; (3) to ensure that older people are able to live independently; and (4) to ensure that older people are able to participate in the decisions that affect their lives.

The strategy is based on the following principles: (1) to ensure that older people have access to the services they need; (2) to ensure that older people are treated with respect and dignity; (3) to ensure that older people are able to live independently; and (4) to ensure that older people are able to participate in the decisions that affect their lives. The strategy is based on the following principles: (1) to ensure that older people have access to the services they need; (2) to ensure that older people are treated with respect and dignity; (3) to ensure that older people are able to live independently; and (4) to ensure that older people are able to participate in the decisions that affect their lives.

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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 12.5 million, and the number of people aged 75 and over from 4.5 million to 6.5 million (Office for National Statistics 2000). The number of people aged 65 and over is projected to increase to 15.5 million by 2020, and the number of people aged 75 and over to 8.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to develop strategies to meet the needs of older people, and to ensure that they are able to live independently and actively in the community. This has led to a number of initiatives, including the development of age-friendly communities, and the establishment of age-friendly networks. These initiatives aim to create environments that are safe, accessible, and supportive for older people, and to provide them with the resources and services they need to live well in old age.

One of the key challenges in developing age-friendly communities is to ensure that the needs of older people are taken into account in all aspects of community planning and development. This requires a collaborative approach, involving older people, their families, and community organizations, as well as local government and other stakeholders. It also requires a focus on the physical environment, as well as on social and cultural factors.

One of the key areas of focus in developing age-friendly communities is the physical environment. This includes ensuring that public spaces, such as parks and gardens, are accessible and safe for older people, and that there are adequate facilities for them to use. It also includes ensuring that the built environment is accessible, with features such as ramps, handrails, and wide paths, and that there are adequate facilities for older people to live in, such as housing and care homes.

Another key area of focus is social and cultural factors. This includes ensuring that older people are able to participate in community activities and events, and that they have access to social and cultural services. It also includes ensuring that older people are able to live independently and actively in the community, and that they have access to the resources and services they need to do so.

There are a number of factors that can influence the ability of older people to live independently and actively in the community. These include physical health, mental health, social support, and access to resources and services. It is important to consider all of these factors when developing strategies to meet the needs of older people, and to ensure that they are able to live well in old age.

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the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1.1 million (Office for National Statistics 2000). The number of people aged 65 and over is projected to increase to 10.5 million by 2026, and the number of people aged 75 and over to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to develop strategies to meet the needs of older people, and to ensure that they are able to live independently and actively in their own homes for as long as possible. This has led to a number of initiatives, including the development of age-friendly communities, and the establishment of age-friendly networks. These initiatives aim to improve the quality of life of older people, and to ensure that they are able to live independently and actively in their own homes for as long as possible.

One of the key challenges facing older people is the loss of independence. This can be caused by a number of factors, including physical decline, cognitive decline, and social isolation. The loss of independence can lead to a number of problems, including a loss of self-esteem, a loss of control over one's life, and a loss of ability to live independently and actively in one's own home.

There are a number of ways in which the loss of independence can be prevented or delayed. These include: maintaining a healthy lifestyle, staying active, staying socially engaged, and seeking help when needed. It is important to note that the loss of independence is a process, and it is not always possible to prevent it completely. However, by taking steps to maintain independence, older people can delay the loss of independence for as long as possible.

One of the most important ways in which the loss of independence can be prevented or delayed is by maintaining a healthy lifestyle. This includes eating a healthy diet, exercising regularly, and getting enough sleep. It is also important to stay socially engaged, and to seek help when needed. By taking these steps, older people can maintain their independence for as long as possible.

Another important way in which the loss of independence can be prevented or delayed is by staying active. This can be done in a number of ways, including walking, gardening, and doing household chores. Staying active can help to maintain physical health, and it can also help to maintain cognitive health. By staying active, older people can delay the loss of independence for as long as possible.

Staying socially engaged is another important way in which the loss of independence can be prevented or delayed. This can be done by joining a club or group, or by spending time with friends and family. Staying socially engaged can help to maintain mental health, and it can also help to maintain physical health. By staying socially engaged, older people can delay the loss of independence for as long as possible.

Seeking help when needed is another important way in which the loss of independence can be prevented or delayed. This can be done by talking to a doctor, a social worker, or a community worker. Seeking help can help to identify problems, and it can also help to find solutions. By seeking help when needed, older people can delay the loss of independence for as long as possible.

In conclusion, the loss of independence is a process, and it is not always possible to prevent it completely. However, by taking steps to maintain independence, older people can delay the loss of independence for as long as possible. These steps include: maintaining a healthy lifestyle, staying active, staying socially engaged, and seeking help when needed.

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the 1990s, the number of people in the United States who are obese has increased by 100% (Flegal et al. 2002). In the United Kingdom, the prevalence of obesity has increased from 10% in 1980 to 22% in 1998 (Health Survey for England 2001). In the United States, the prevalence of obesity has increased from 15% in 1980 to 30% in 1998 (Flegal et al. 2002).

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, and it is associated with a number of health problems, including type 2 diabetes, heart disease, and cancer. It is also associated with a number of social problems, including discrimination and stigma. Obesity is a complex condition, and its aetiology is multifactorial. It is a result of an imbalance between energy intake and energy expenditure.

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