



Nutrition clinics have become central to tackling obesity in Bahrain. In 2007, the country had one of the highest rates of overweight and obesity in the WHO Eastern Mediterranean Region, with 33% of adults aged over 20 classified as overweight, of whom 36% were obese. The clinics have delivered impressive results. Nearly 3 quarters of patients involved in the 5-year programme have lost weight. This feature was created within the context of the Second International Conference on Nutrition held in November 2014.

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