



Office for Health Improvement and Disparities

Welcome to the latest issue of the weekly Obesity Knowledge Update from the Office for Health Improvement and Disparities (OHID). This bulletin highlights new research relating to obesity and its determinants.

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UK and Ireland

[A randomised controlled trial of the 5:2 diet](#). Hajek P, Przulj D, Pesola F, McRobbie H, Peerbux S, Phillips-Waller A, Bisal N, Myers Smith K. PLoS One. 2021 Nov 17;16(11):e0258853. doi: 10.1371/journal.pone.0258853.

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International: Research related to COVID-19

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Systematic reviews

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