



# 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 - 4](#)
- [International - 33](#)
- [Systematic reviews - 5](#)

## UK and Ireland

[Increased Lean Body Mass After Bodyweight-Based High Intensity Interval Training in Overweight and Obese Men](#). Timmons JF, Beatty A, Stout C, Ivory A, Carroll C, Egan B. Res Q Exerc Sport. 2022 Apr 1:1-9. doi: 10.1080/02701367.2021.2002247.

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[\[back to top\]](#)

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[\[back to top\]](#)

### ***International: Research related to COVID-19***

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[\[back to top\]](#)

## **Systematic reviews**

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[\[back to top\]](#)

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[\[back to top\]](#)