## *Do lifestyle interventions work?*
**News**
Posted by: niccosan
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GENEVA – Lifestyle interventions can significantly improve the diet and levels of physical activity of entire communities, according to research published today in the international public health journal, the Bulletin of the World Health Organization.

Lifestyle-related non-communicable diseases, particularly cardiovascular disease, heavily burden health-care systems, a problem that is increasing in developing countries.

Research conducted in the Islamic Republic of Iran shows that campaigns promoting a healthy lifestyle are effective in changing behaviour in developing countries.

According to Dr Nizal Sarrafzadegan, from the Isfahan Cardiovascular Research Center in the Islamic Republic of Iran, the benefit of these campaigns is that "a relatively small shift towards a healthier diet in the entire population can lead to a significant reduction in the incidence of chronic diseases".

Read the study here:

http://www.who.int/bulletin/volumes/87/1/en/index.html

The Bulletin of the World Health Organization is an international journal of public health with a special focus on developing countries. It is one of the world's leading public health journals and the flagship periodical of the World Health Organization.

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