



TOAST is passionate about making sure that people who are overweight and obese, and their carers, have the support and understanding they need and are treated with respect and dignity.

TOAST works to combat the obesity epidemic in this country. An epidemic is defined by the WHO as something that affects 17% of a population.

We believe that there is no one single solution for obesity and that a range of preventative and therapeutic services can be the only effective answer to combating the epidemic.

We work on a national level and a local level. We advise and campaign on a national level for better services both in prevention and treatment of obesity and overweight. We work directly in communities to help people learn the skills to help themselves.

Our children's generation is the first generation to have a lower life expectancy than us, their parents.

Obesity is a serious health issue. It is linked to a range of medical conditions including diabetes, cancer and depression. Obese people are suffering increased prejudice and stigma.

The reasons behind obesity are complex, there isn't one sole reason why a person overeats.

We are the only national advocacy charity in the UK for obesity. Advocacy means a voice that puts forward views as a collective voice on others behalf.

We believe that better understanding and awareness is key to combating obesity, both in terms of understanding what obesity is, the point at which a person is classified as obese as well as looking behind that at the reasons for the weight gain

We champion the need for both prevention and needs-led treatment services for the overweight and obese. We have a range of supportive services including a telephone helpline and an information service on our website as well as a variety of training packages that promote a better understanding of obesity including what obesity means, the causes and consequences of it.