

INTELLIGENCE BULLETIN



PUBLIC HEALTH
WARWICKSHIRE

224. Statistics on Obesity, Physical Activity and Diet – England, 2017

Thursday 30 March 2017

Source: <http://www.content.digital.nhs.uk/catalogue/PUB23742> (published 30 March 2017)

Summary

This statistical report presents a range of information on obesity, physical activity and diet, drawn together from a variety of sources.

The topics covered include:

- Overweight and obesity prevalence among adults and children.
- Health Outcomes; presents a range of information about the health outcomes of being obese or overweight which includes information on health risks, hospital admissions and prescription drugs used for treatment of obesity.
- Physical activity levels among adults and children.
- Diet among adults and children, including trends in purchases, and consumption of food and drink and energy intake.

Newly published data includes:

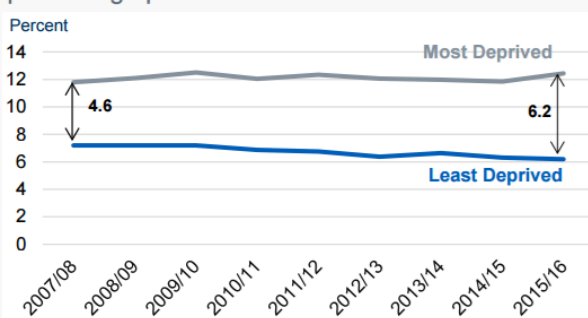
- Analyses from NHS Digital Hospital Episode Statistics (HES).
- Analyses from NHS Digital prescribing data.

Key Facts – England

- Adult obesity prevalence has increased from 15% in 1993 to 27% in 2015.
- In 2015, 58% of women and 68% of men were overweight or obese.
- In 2015/16, there were 525,000 admissions in NHS hospitals where obesity was a factor.
- In 2015/16, more than 1 in 5 children in Reception, and more than 1 in 3 children in Year 6 were measured as obese or overweight.
- Children living in the most deprived areas are twice as likely to be obese than children living in less deprived areas.

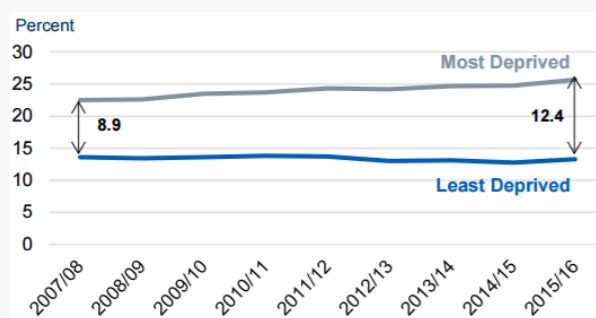
Reception year

Between 2007/08 and 2015/16, the difference between obesity prevalence in the most and least deprived areas has increased from 4.6 to 6.2 percentage points.



Year 6

Between 2007/08 and 2015/16, the difference between the most and least deprived areas has increased from 8.9 to 12.4 percentage points.



- In 2015/16, there were 6,438 Finished Consultant Episodes (FCEs) in NHS hospitals with a primary diagnosis of obesity and a main or secondary procedure of bariatric (gastric bypass) surgery.
- Over 75% of bariatric surgery patients were aged between 35 and 54, and over 75% of patients were female.
- Over a quarter (26%) of adults ate the recommended 5 or more portions of fruit and vegetables a day in 2015. Women (27%) were more likely to do so than men (24%).
- In 2015/16, 26% of adults were classified as inactive (fewer than 30 minutes physical activity a week).

Key Facts

Finished Admission Episodes (FAE) with a primary diagnosis of obesity amongst all ages, 2015/16

Region	Admissions (total)			Admissions (per 100,000 population)		
	Male	Female	Total	Male	Female	Total
England	2,573	7,356	9,929	10	27	19
West Midlands	384	1,079	1,463	14	39	27
Warwickshire	99	24	75	9	27	18
Coventry and Rugby CCG	22	68	90	12	34	23
South Warwickshire CCG	-	-	29	-	-	11
Warwickshire North CCG	10	38	48	11	40	25