

WARWICKSHIRE INTELLIGENCE BULLETIN

STATISTICS ON OBESITY, PHYSICAL ACTIVITY AND DIET

Date: 4th April 2018

Source: <http://digital.nhs.uk/catalogue/PUB30258> (accessed 04/04/2018)



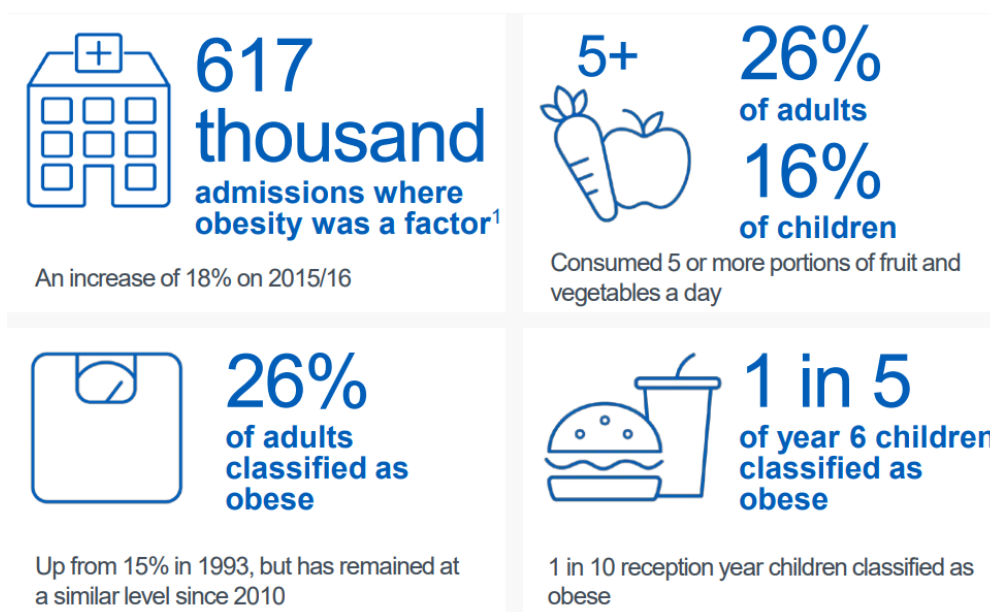
Background

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

The topics covered include:

- Obesity related hospital admissions.
- Prescription items for the treatment of obesity.
- Adult obesity prevalence.
- Childhood obesity prevalence.
- 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.

Key Findings – England



- In 2016, the average person walked 198 miles equating to just over half a mile a day. 21% of men, and 25% of women were classified as inactive (fewer than 30 minutes activity per week)

¹= Hospital admissions with a primary or secondary diagnosis of obesity.



Key Findings – Warwickshire

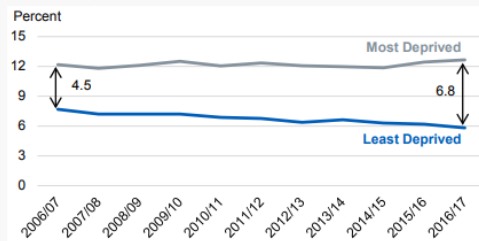
- 8,888 hospital admissions in Warwickshire, in 2016/17, where obesity was a factor (1,613 admissions per 100,000 population) – a 65% increase from 976 per 100,000 since 2013/14.
- 942 year 6 children in Warwickshire, in 2016/17, were classified as being obese equating to one in six of those aged 10-11 years old – a 17% increase from 800 in 2013/14.

Obesity prevalence in children attending schools in the most and least deprived areas

The difference in obesity prevalence between children attending schools in the most and least deprived areas has increased over time.

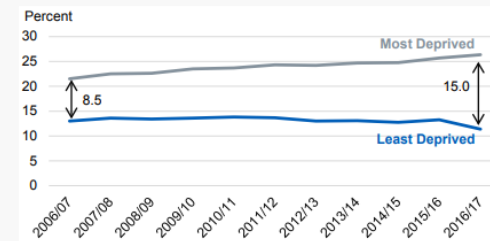
Reception year

Between 2007/08 and 2016/17, the difference between obesity prevalence in the most and least deprived areas has increased from 4.5 to 6.8 percentage points.



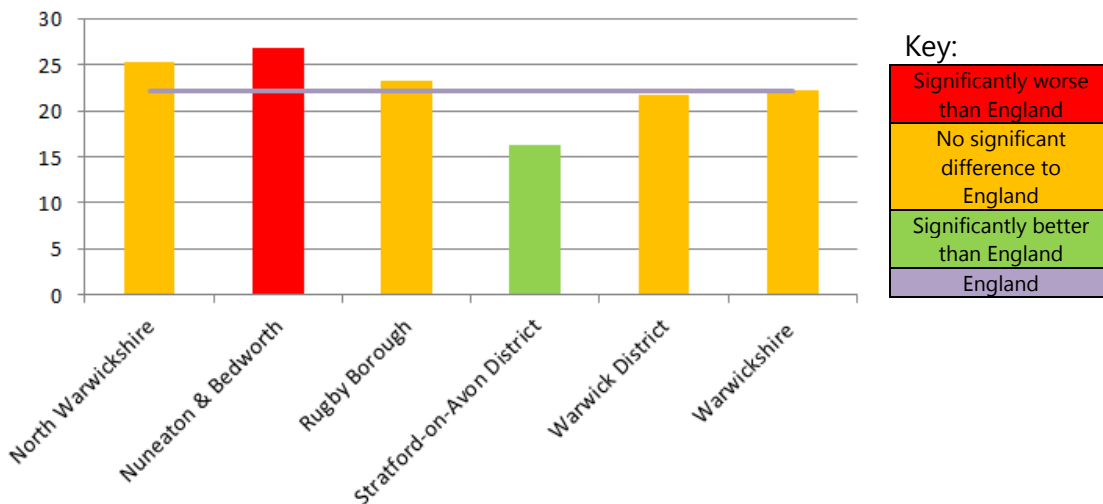
Year 6

Between 2007/08 and 2016/17, the difference between the most and least deprived areas has increased from 8.5 to 15.0 percentage points.



Source: Hospital Episode Statistics (HES), NHS Digital.

Percentage (%) of physically inactive adults by district and borough 2016/17



Warwickshire's average physical inactivity rate is 22.3% of adults which is not significantly different to England (22.2%).

Source: Fingertips, Public Health England

