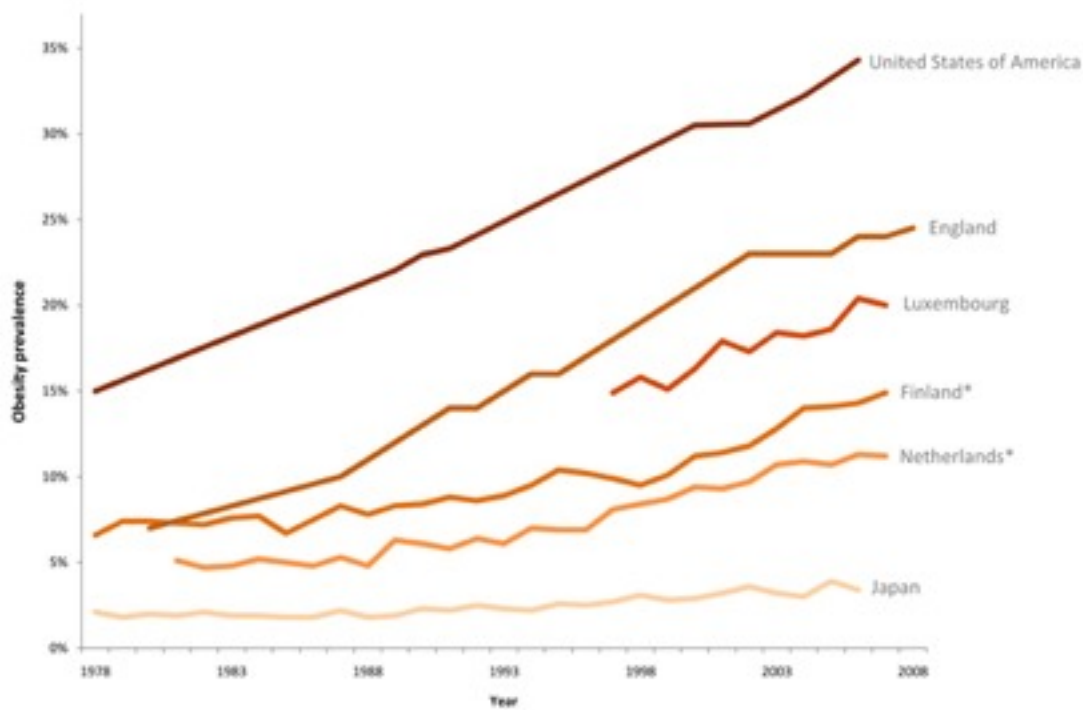


## Obesity

Obesity is rising nationally and internationally.

Figure 1: Trends in adult prevalence of obesity (BMI  $\geq 30\text{kg/m}^2$ ) – percentage of the adult population assessed as obese in a selection of countries



Source: OECD <http://www.ecosante.org/index2.php?base=OCDE&langs=ENG&langh=ENG>  
\*Self reported data (prevalence rates for the other countries are based on measured data)

The Health Survey for England data shows that nearly 1 in 4 adults, and over 1 in 10 children aged 2-10, are obese. In 2009, 61.3% of adults (aged 16 or over), and 28.3% of children (aged 2-10) in England were overweight or obese: of these, 23.0% of adults and 14.4% of children were obese. Estimates predict that if no action is taken, 60% of men, 50% of women and 25% of children will be obese by 2050.

Obesity has a severe impact on health, increasing the risk of type 2 diabetes, some cancers, and heart and liver disease. There is also a significant burden on the NHS - direct costs caused by obesity are estimated to be £4.2 billion per year and forecast to more than double by 2050.

Around 10% of all cancer deaths among non-smokers are related to obesity. The risk of coronary artery disease increases 3.6 times for each unit increase in BMI. And the risk of developing type 2 diabetes is about 20 times greater for people who are very obese (BMI over 35), compared to individuals with a BMI of between 18 and 25. Some studies have shown that severely obese individuals are likely to die on average 11 years earlier than those with a healthy weight, although this figure can vary depending on an individual's circumstances.

Figure 2: Trends in adult (aged 16+ years) obesity prevalence (HSE)

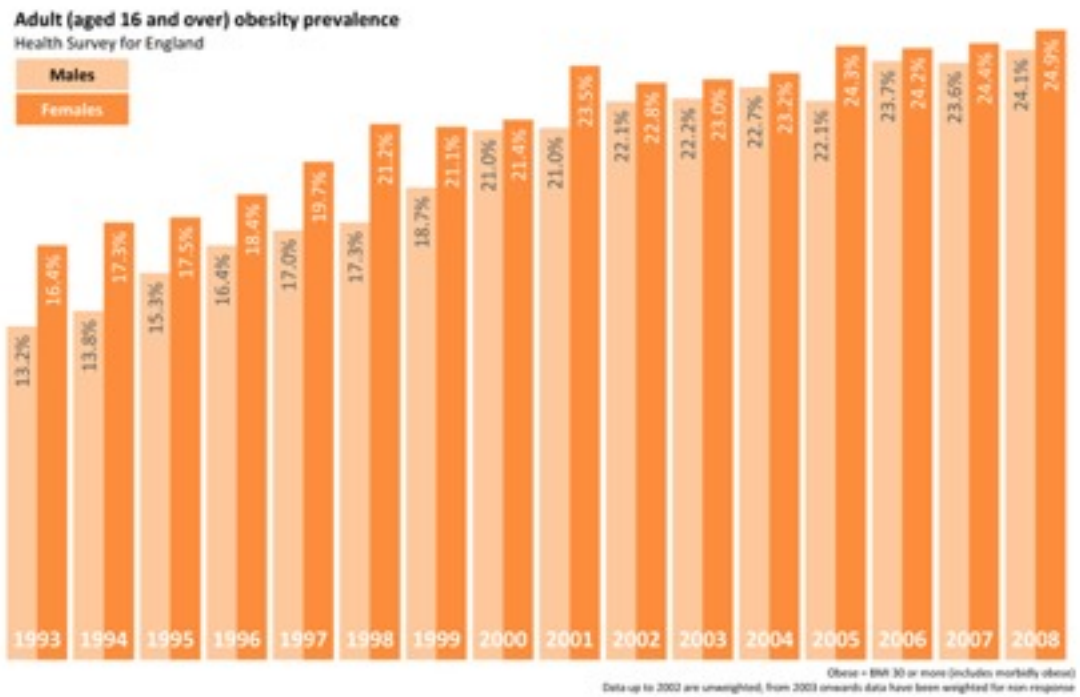
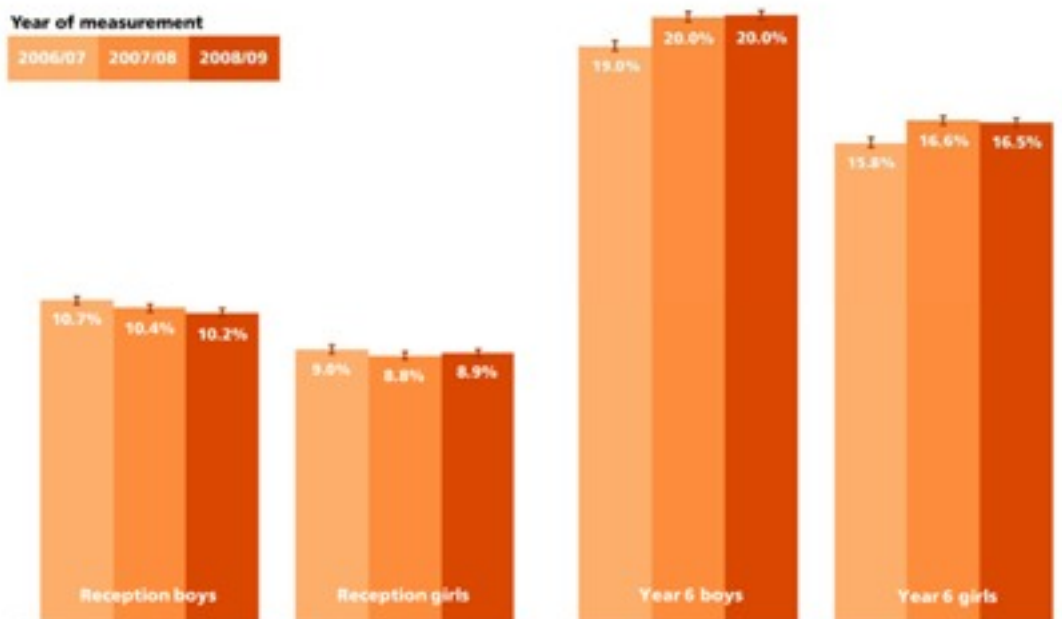
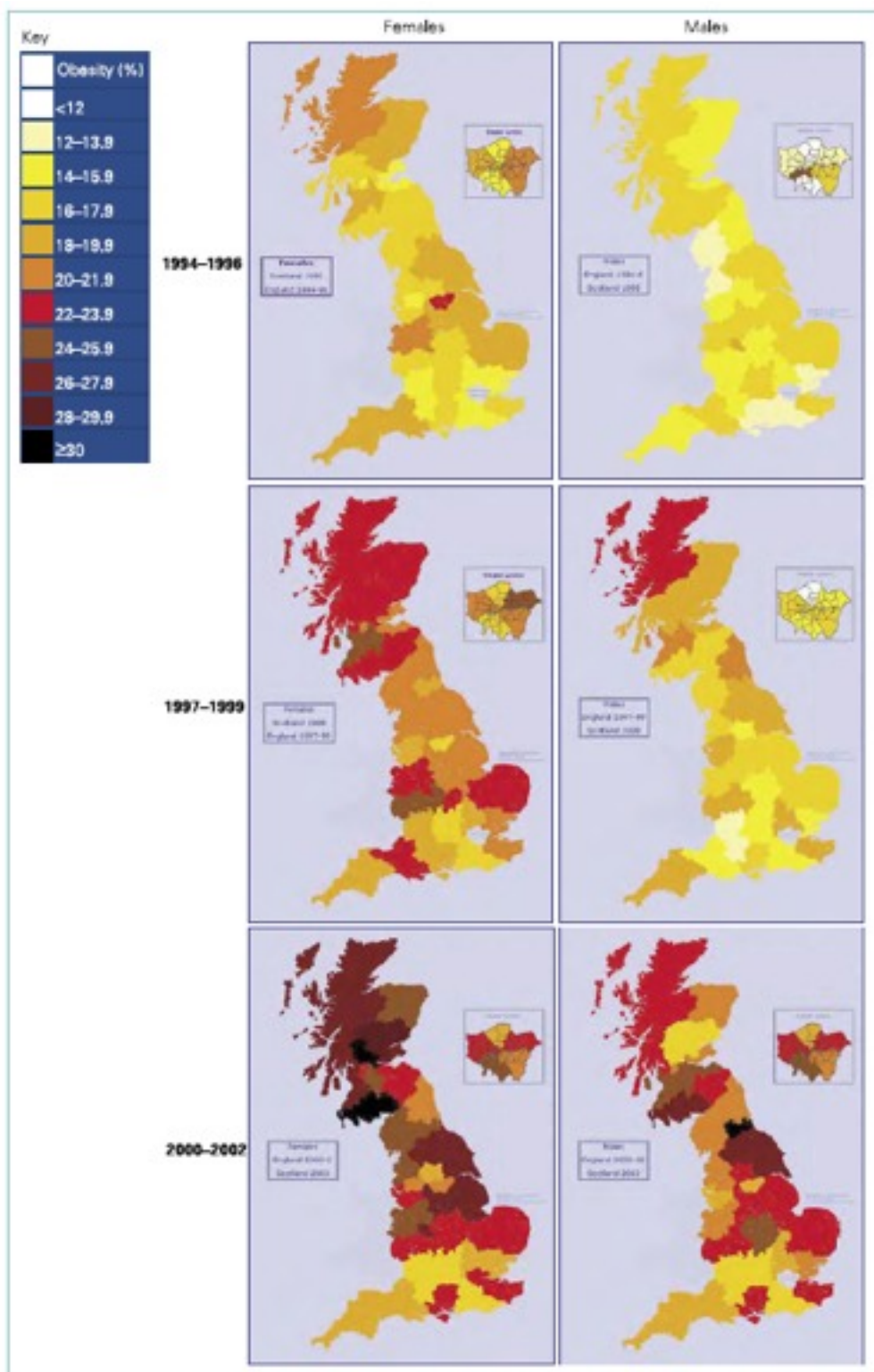


Figure 3: Prevalence of obesity (with 95% confidence limits) by year of measurement, school year, and sex (National Child Measurement Programme)

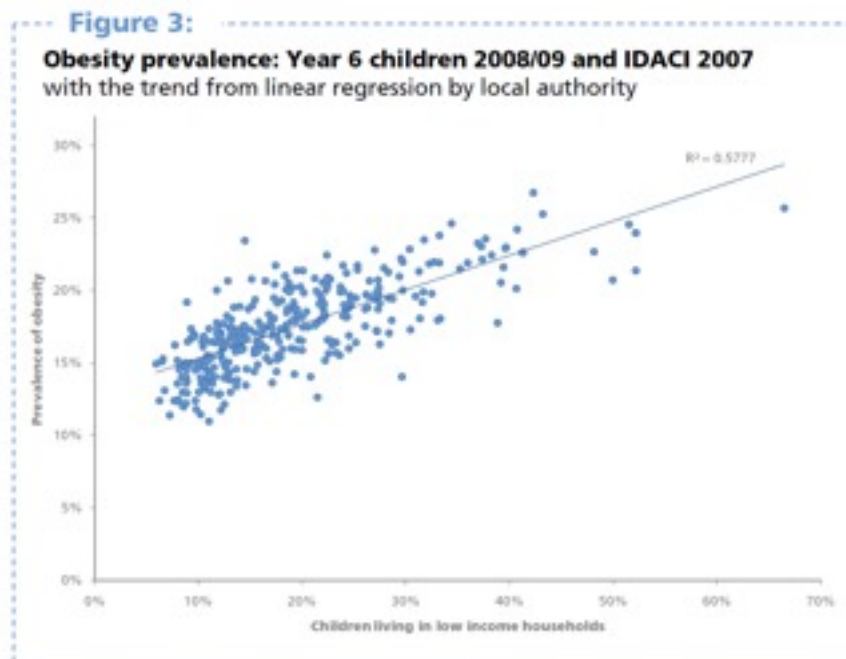
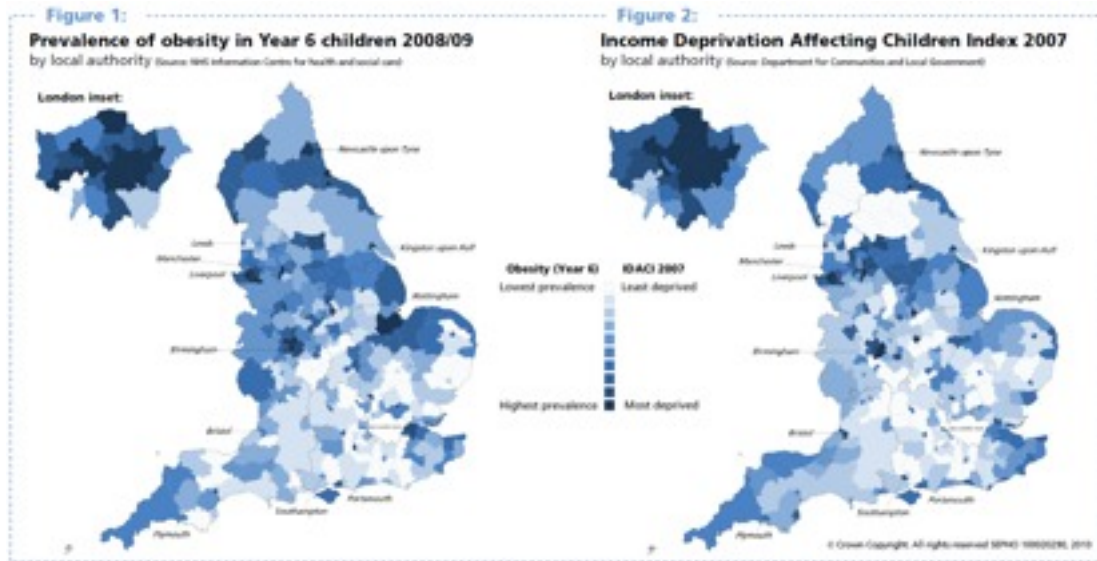




**Figure 2.4: Trends in levels of obesity (%) in males and females from 1994 to 2002 in England and Scotland<sup>11</sup>**

Notes: Figures for London are shown on the side of each map. In Scotland, the maps are based on Scottish Health Survey data. Areas were defined by Health Board. In England, maps are based on the Department of Health's Health Survey for England data. The data were produced by the National Centre for Social Research, February 2004. Areas were defined by Strategic Health Authority.

Obesity in adults and children is commoner in disadvantaged groups.



Further information

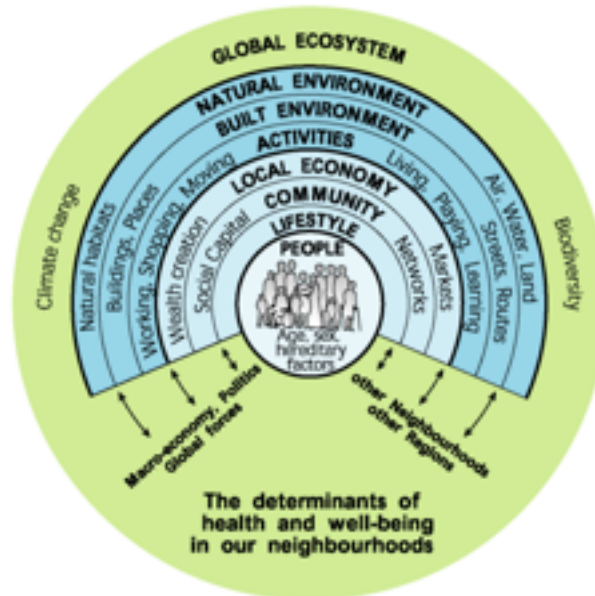
[http://www.dh.gov.uk/en/Publichealth/Obesity/DH\\_078098](http://www.dh.gov.uk/en/Publichealth/Obesity/DH_078098)

<http://www.noo.org.uk/>

<http://www.bis.gov.uk/foresight/our-work/projects/published-projects/tackling-obesities/reports-and-publications>

<http://www.dh.gov.uk/en/Publichealth/Obesity/index.htm>

# What determines Health/being Healthy? The wider determinants of health



Barton and Grant 2005 based on Whitehead and Dahlgren 1991

# Nuffield Council on Bioethics Intervention Ladder

