

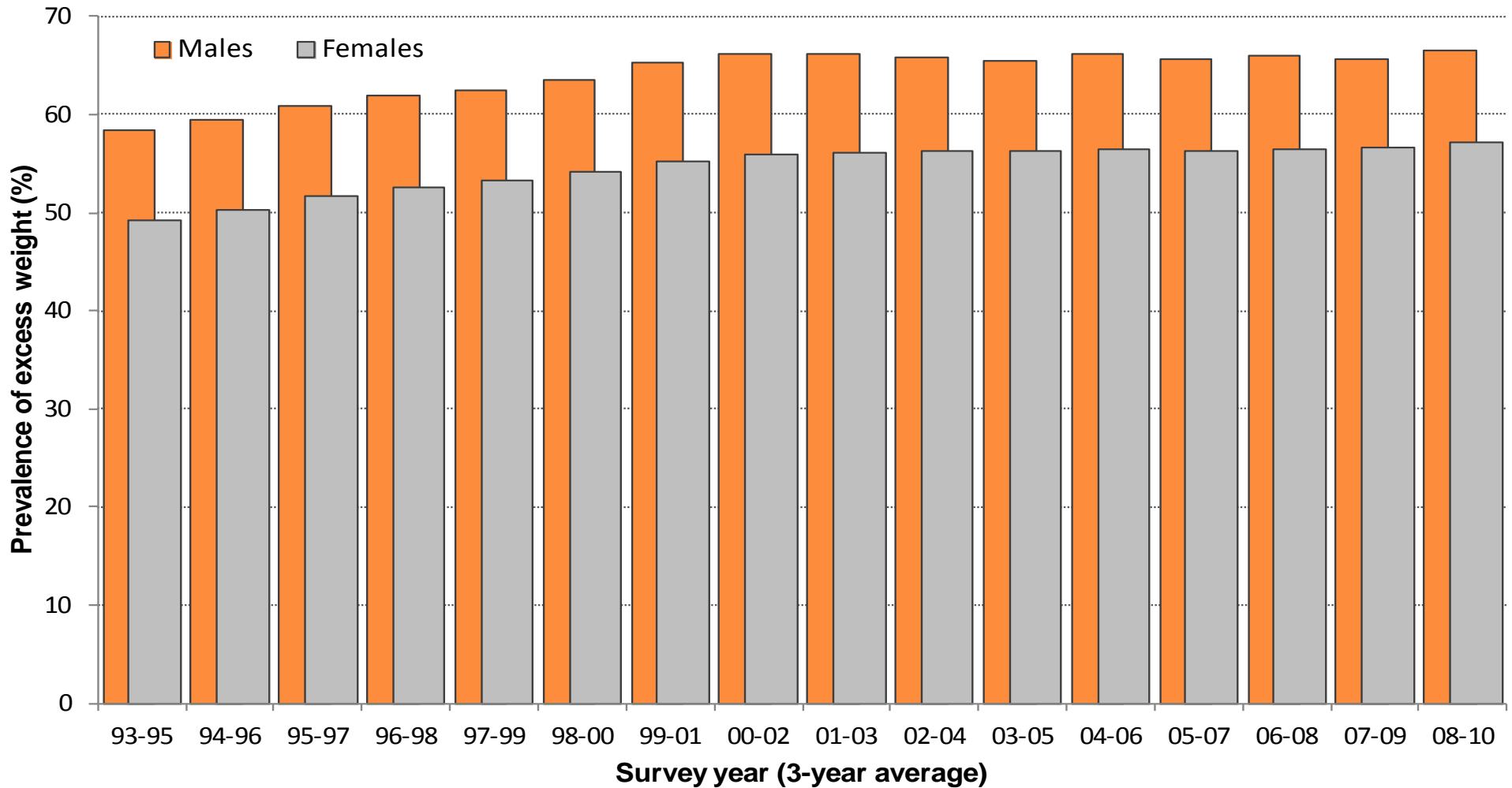
Overweight and obesity: where are we and where are we heading?



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Prevalence of excess weight among adults aged 16+ years

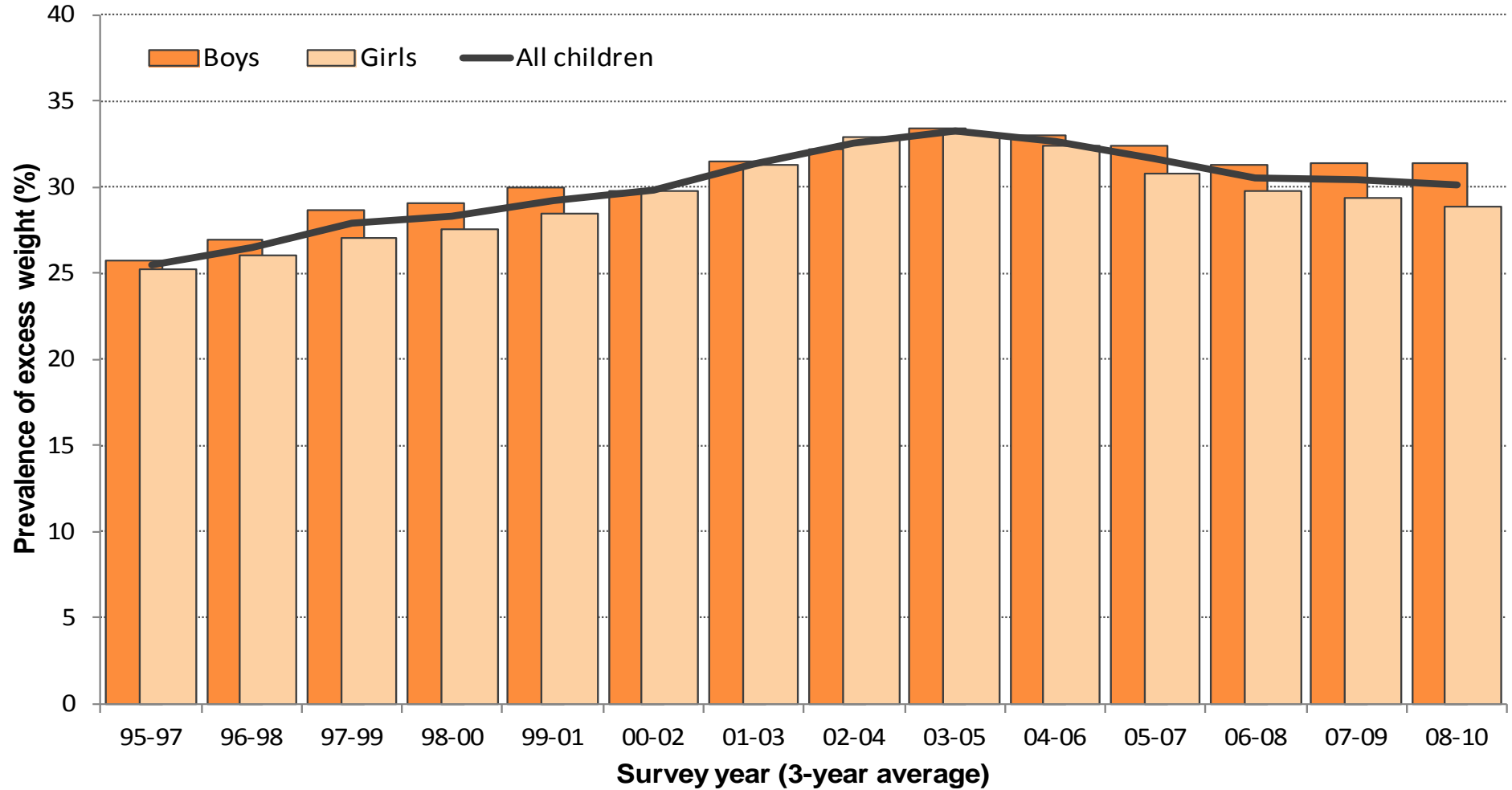
Health Survey for England 1993-2010



Excess weight (overweight and obesity) has risen amongst adults over the last two decades.

Prevalence of excess weight among children aged 2-15 years

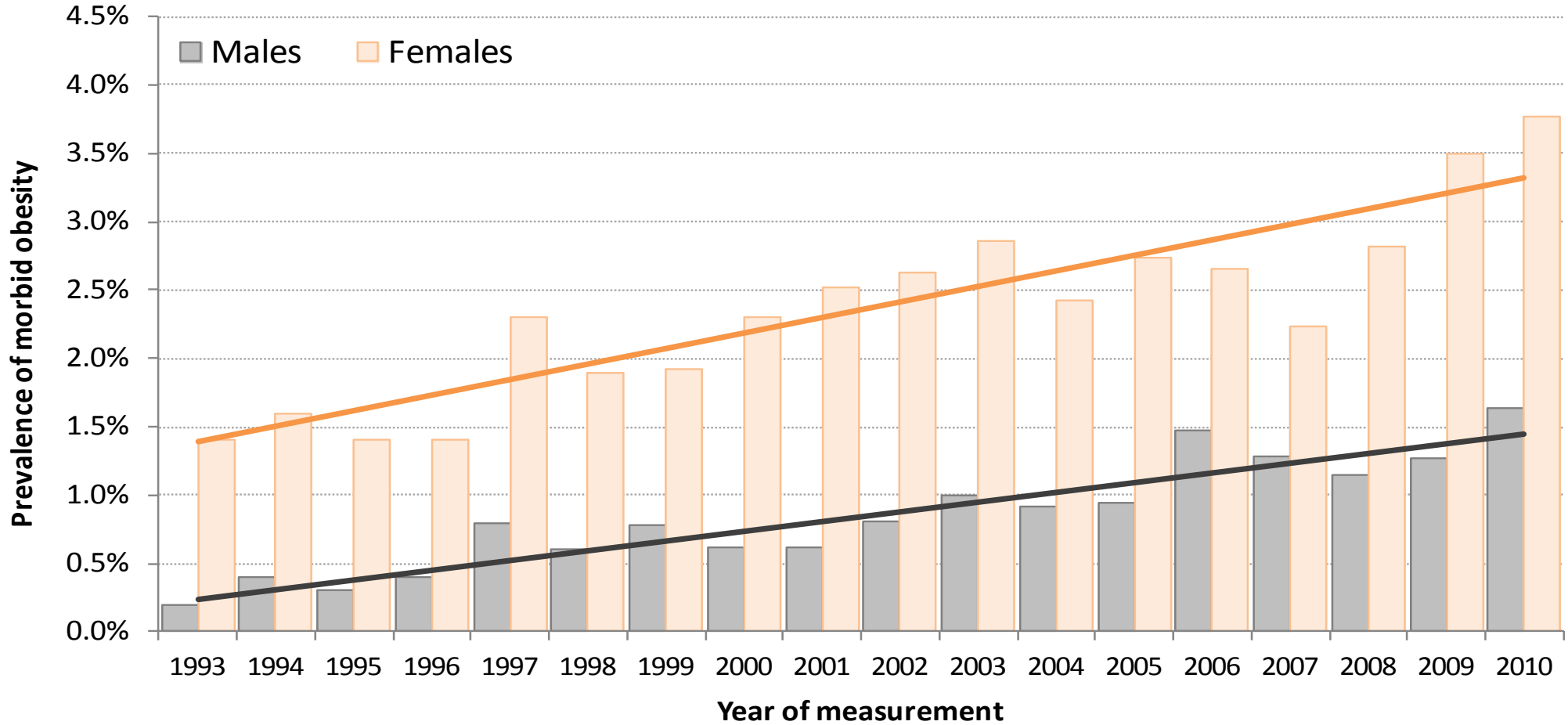
Health Survey for England 1995-2010



Overall, excess weight has levelled off amongst children, but at a very high level.

Trend in morbid obesity prevalence for adults (16+) by sex

Health Survey for England 1993-2010



Morbid obesity (BMI \geq 40) has also been rising sharply over this time.
These figures may well be an underestimate.

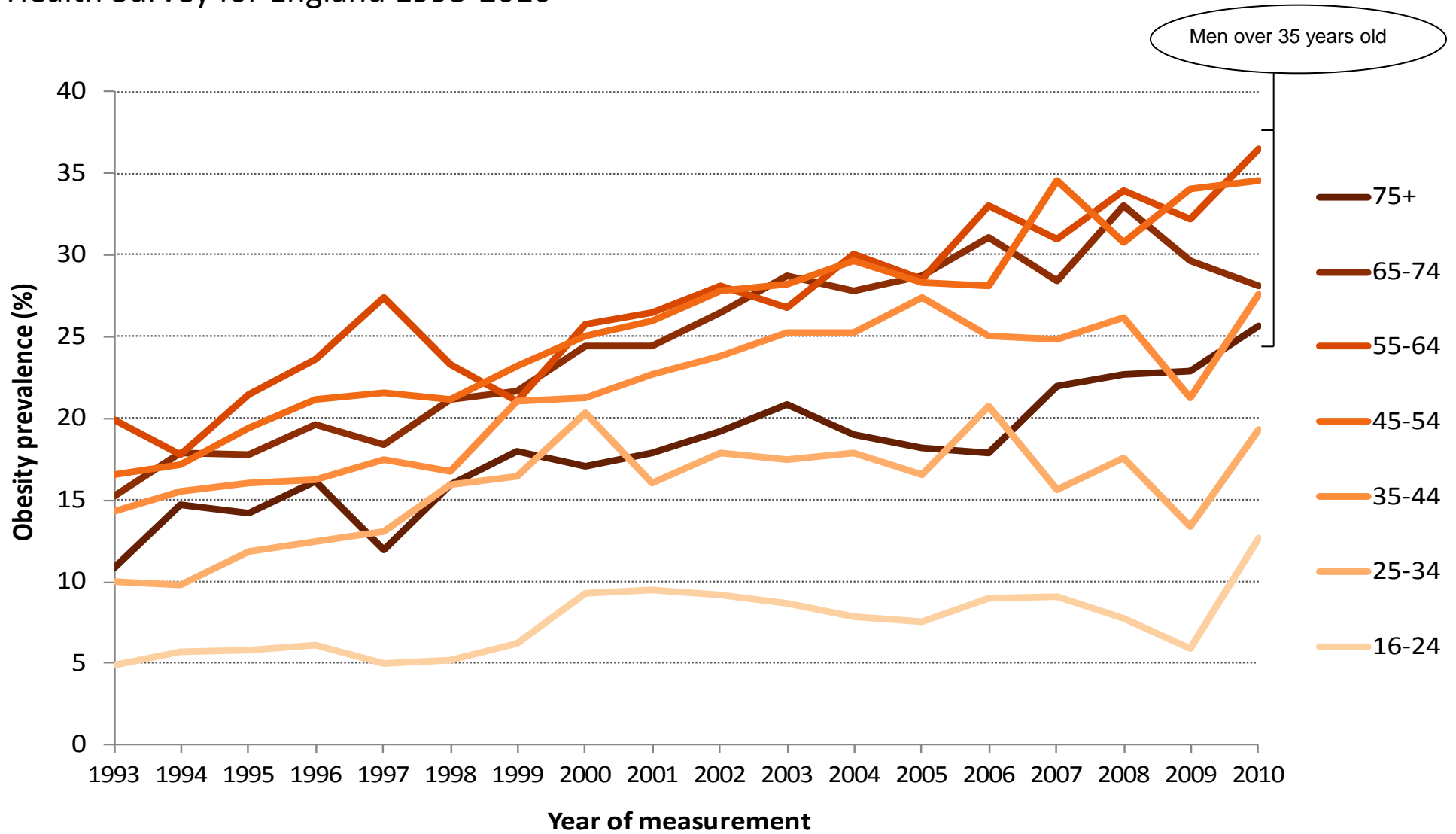
Implications for local areas

Example LA population	100,000	250,000	750,000	1,000,000
Numbers of people who are:				
Overweight	37,000	92,000	275,000	367,000
Obese	26,000	65,000	196,000	261,000
Morbidly obese	3,000	7,000	20,000	27,000

The national figures have huge implications for local areas.

Trend in obesity prevalence for adult males by age group

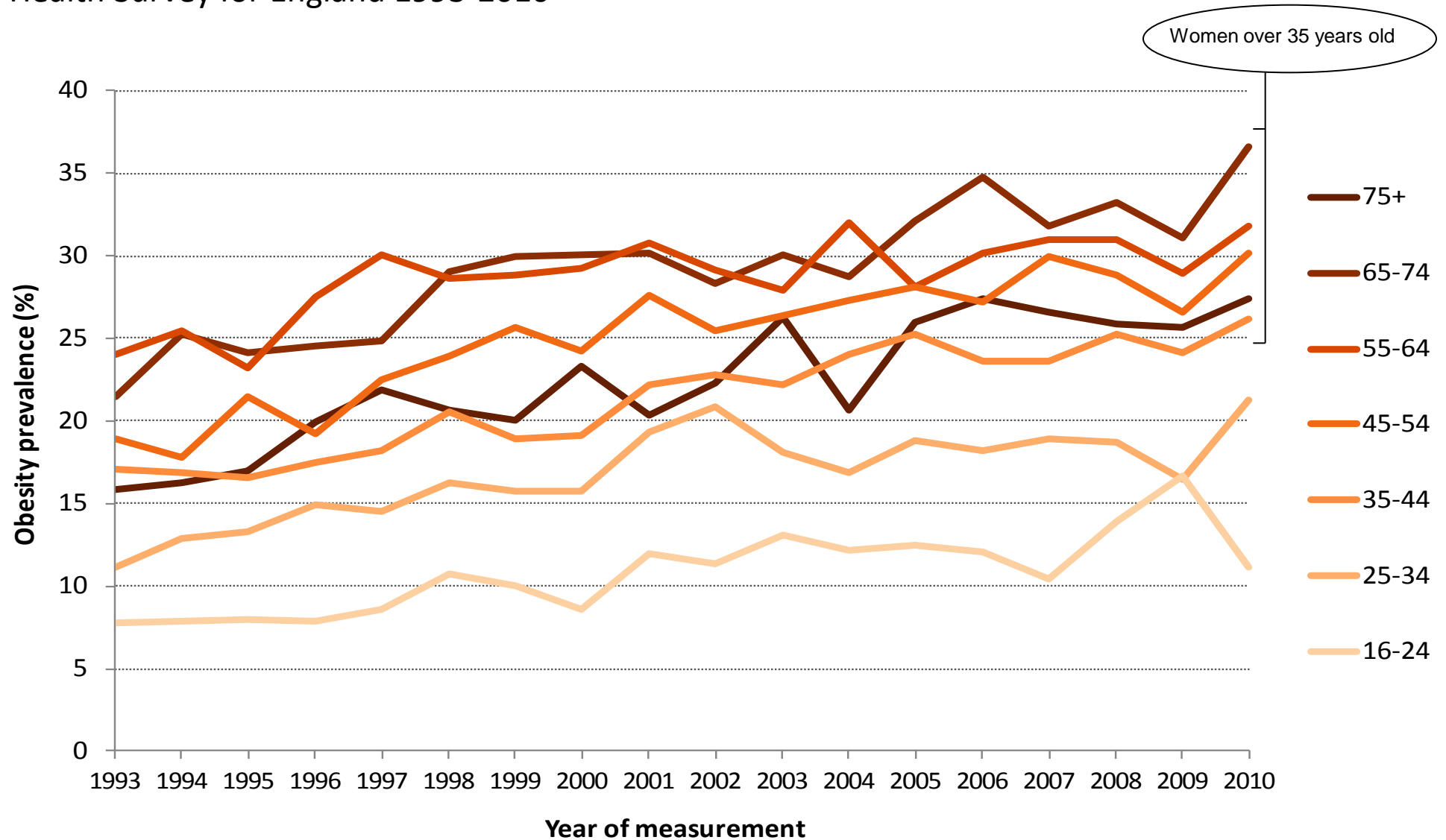
Health Survey for England 1993-2010



Levels of obesity in men differ by age group, as do the trends we are seeing for each group.

Trend in obesity prevalence for adult females by age group

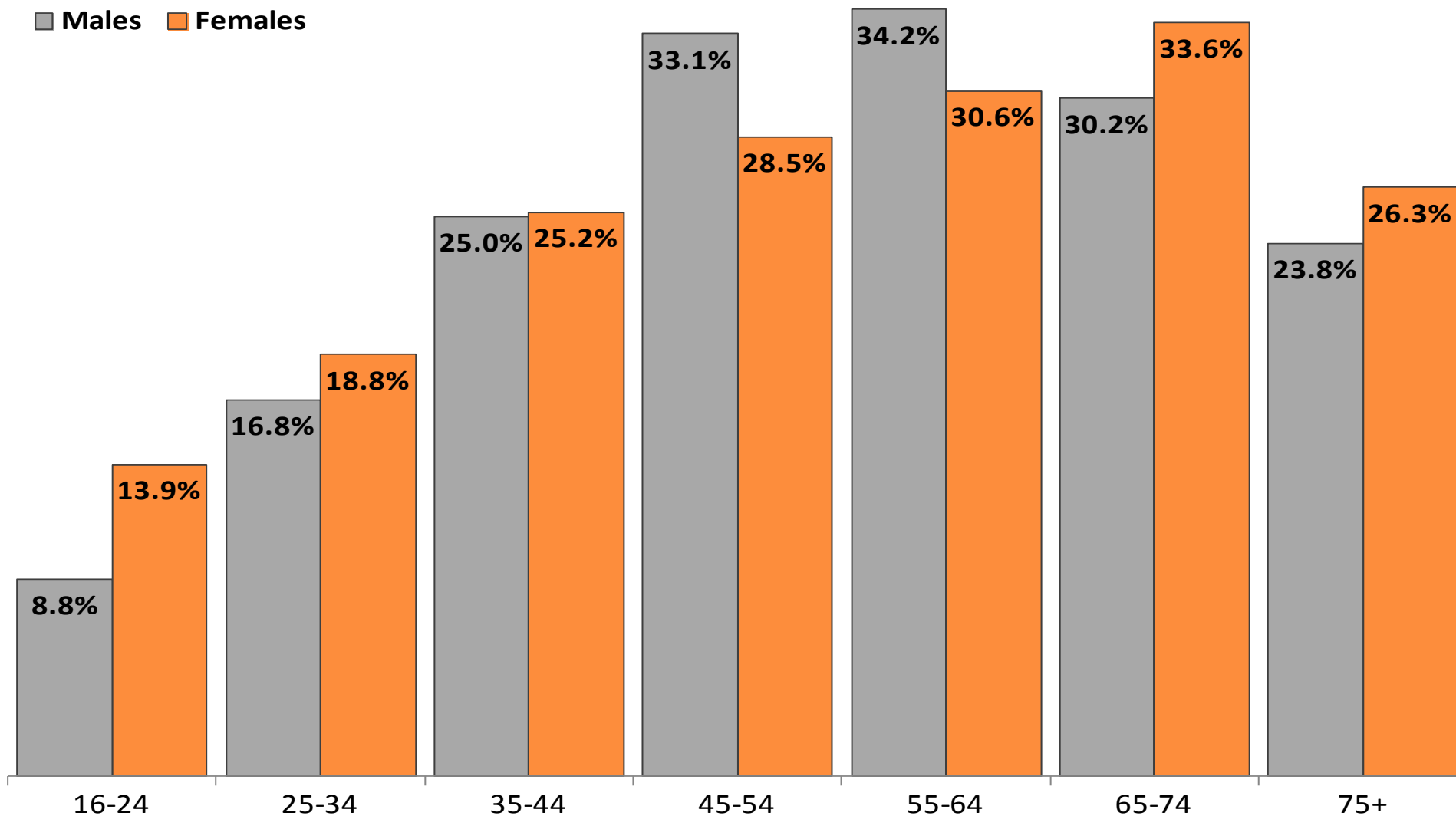
Health Survey for England 1993-2010



This is true for women as well.

Prevalence of obesity among adults by age and sex

Health Survey for England 2008-2010



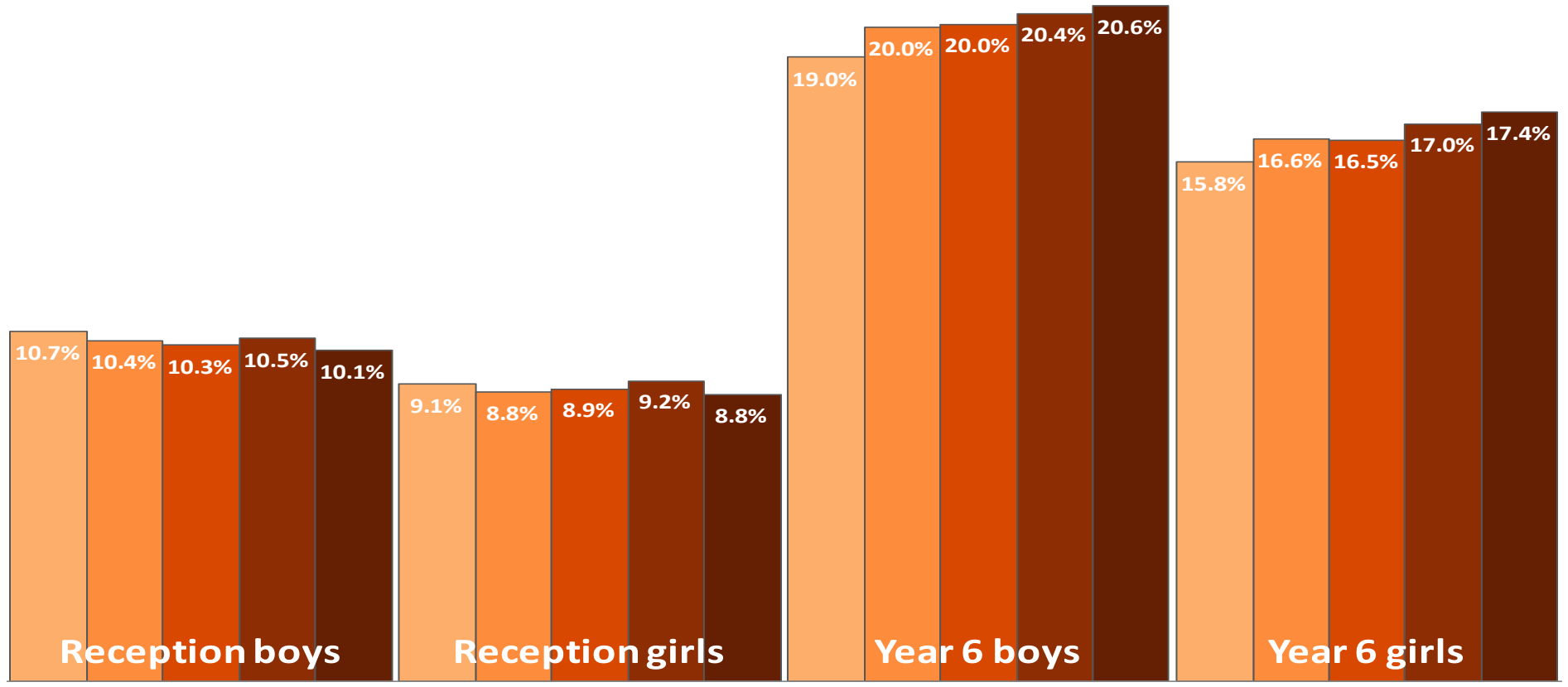
Obesity rises steadily through to middle age and then stays broadly constant.

Prevalence of obesity among children by school year and sex

National Child Measurement Programme 2006/07 – 2010/11

Year of measurement

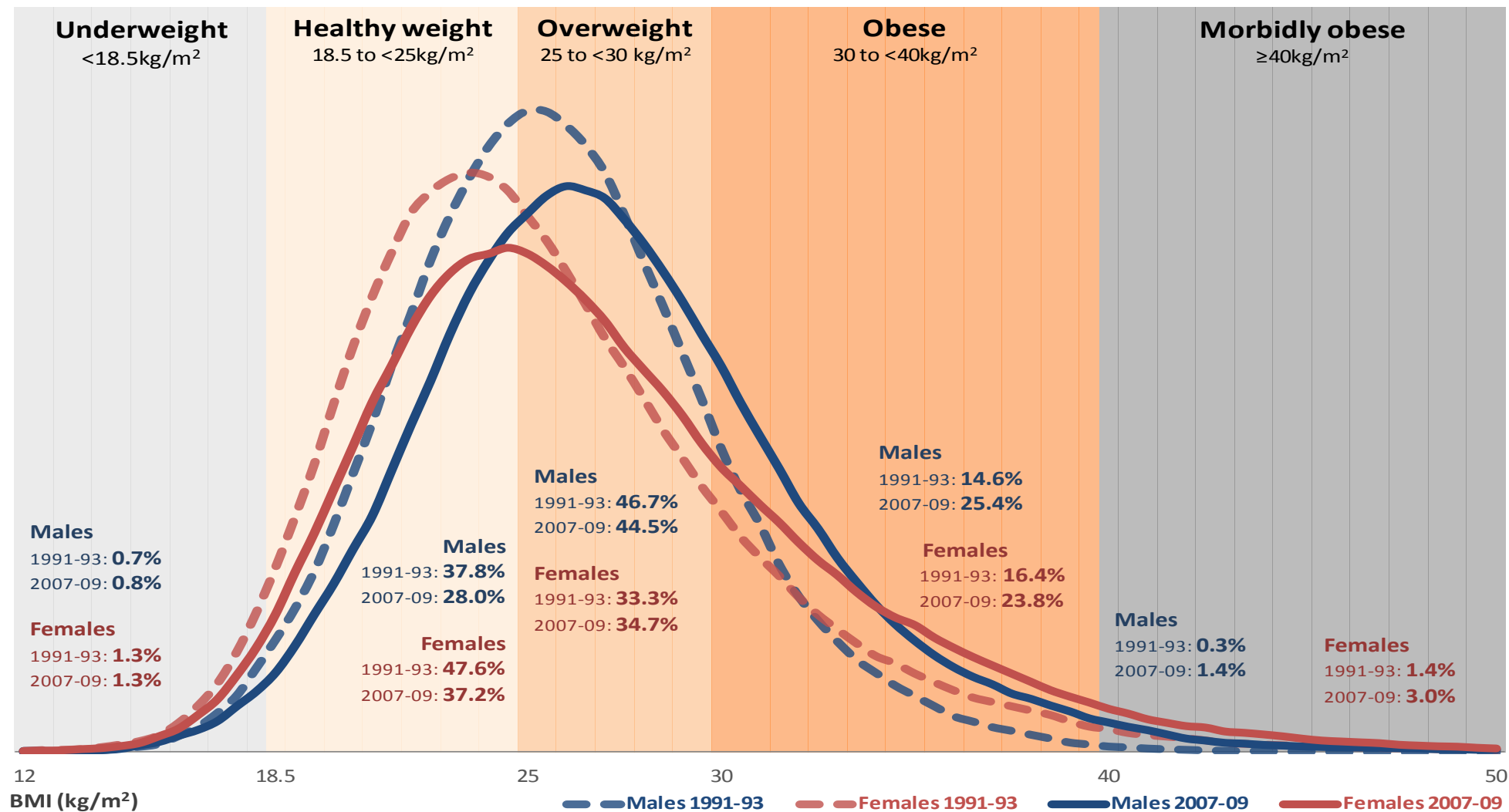
2006/07	2007/08	2008/09	2009/10	2010/11
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Obesity rates nearly double over the course of primary school. We are seeing opposing trends, with a slight decrease in Reception Year but increases in Year 6 prevalence.

Change in the adult BMI distribution

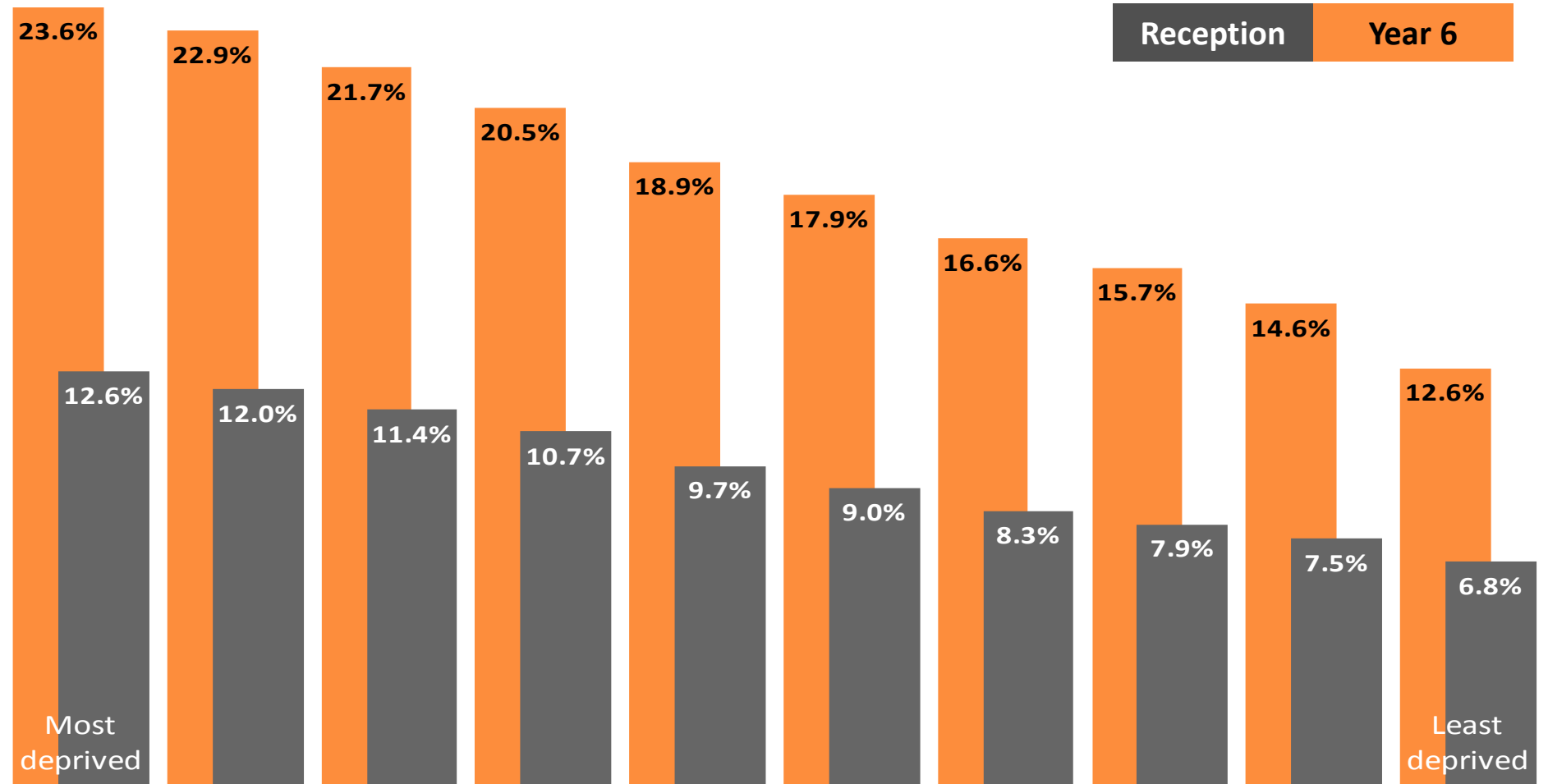
HSE 1991-93 to 2007-09 (population weighted)



There is a very complicated picture within overall obesity rates, which has changed over time. Broadly speaking, the entire population is getting heavier – there is not only an increase in the numbers of obese people.

Prevalence of obesity by deprivation decile

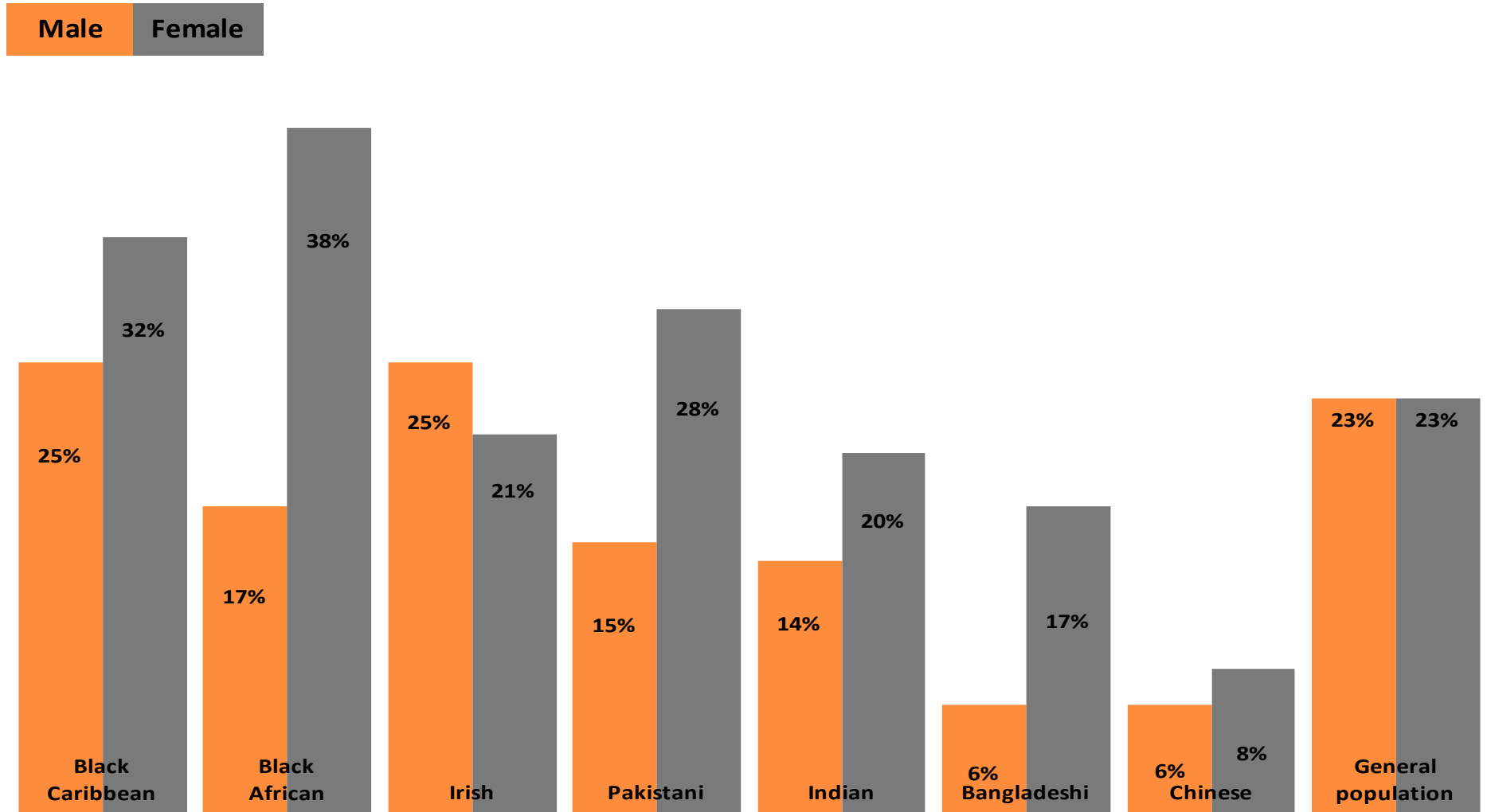
National Child Measurement Programme 2009/10



There is a very strong correlation between obesity rates and level of deprivation amongst children, with prevalence in the most deprived areas around double that of the least deprived areas.

Adult obesity prevalence by ethnic group

Health Survey for England 2004

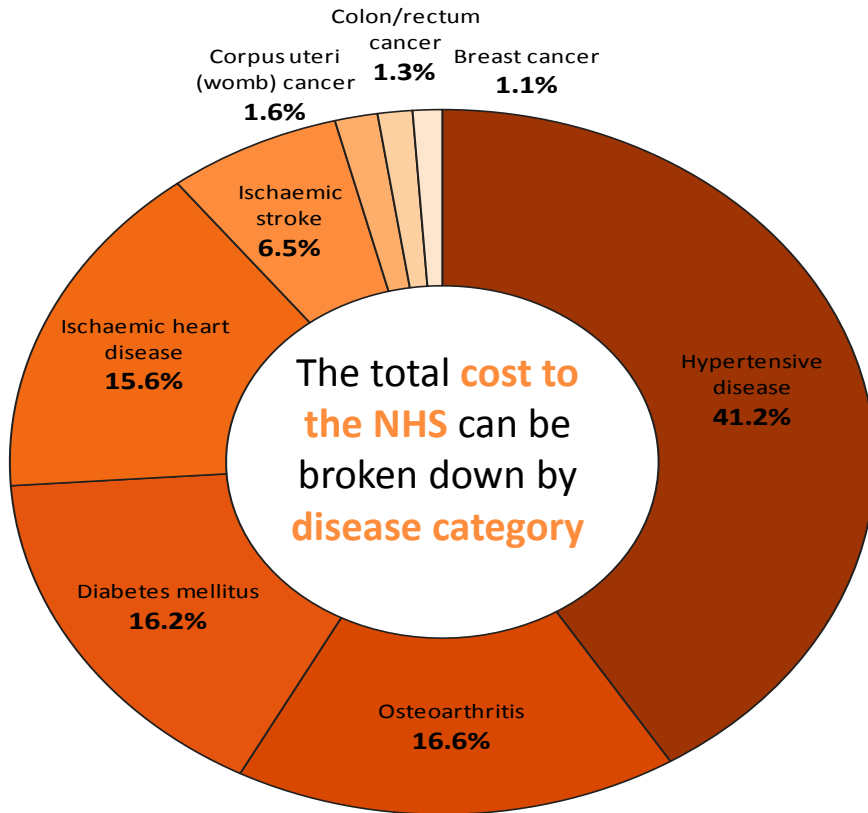


Prevalence of obesity also varies widely between ethnic groups and between sexes within ethnic groups.

The cost of overweight and obesity to the NHS

estimated to be **£5.1bn** per year

Overweight and obesity are responsible for a range of diseases



Percentage of disease attributable to overweight and obesity

Diabetes mellitus	79%
Hypertensive disease	58%
Corpus uteri cancer	49%
Ischaemic heart disease	34%
Ischaemic stroke	34%
Osteoarthritis	21%
Colon/ rectum cancer	16%
Breast cancer	12%

Total cost to society estimated at up to £16bn

It is difficult to estimate the costs of obesity accurately. We can look at the costs of diseases caused by obesity to estimate that obesity costs the NHS £5.1bn/year. It is more difficult to put a figure on costs to other areas (e.g. local authorities or business) but the total cost to society is estimated at up to £16bn.

Where are we heading...?

- Increasing prevalence with age
 - Rise in morbid obesity
 - Population demographics – baby boomers
 - Increasing life expectancy
 - Increasing ‘obesity years’
- ➔ Need to consider absolute numbers, not just proportion of population