

## Weight and Obesity [Download this section](#)

Why is this an issue?



What is the national picture?



England is one of the most obese countries in the world with one in four adults classed as obese and another one in three classed as overweight. Obesity is linked to a host of health risks such as diabetes, heart disease, stroke, some cancers, mental health problems and musculoskeletal issues ([Local Government Association, 2013](#)).

Obesity has continued to increase in the UK between 1993 and 2012. 13% of men were categorised as obese in 1993, compared with 24% in 2012. 16% of women were obese in 1993 compared with 26% in 2012. The rate of increase in obesity has been slowing in the second half of the period and there are indications that the trend may be flattening out over recent years. However, obesity in women in 2010, 2011 and 2012 was at its highest level since 1993 ([Health Survey for England, 2012](#)).

Changes in levels of obesity in the England adult population between 1993-2012 show that over this 19 year period, the number of people who are obese has almost doubled in men and women.

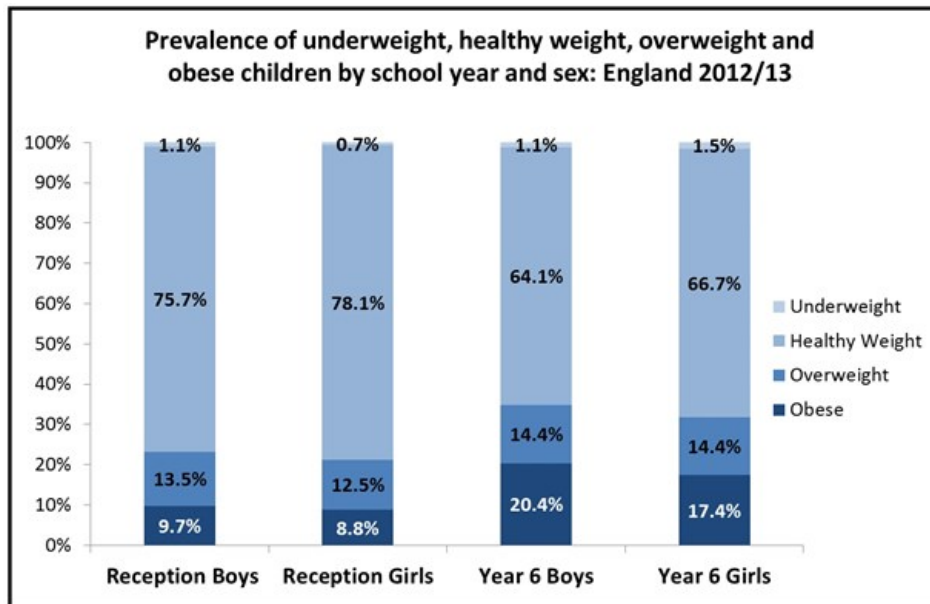
- In 1993, 14% of women were classed as obese which carried a very high risk to their health because of their weight. In 2012, this had increased to 24% of women.
- In 1993, 11% of men were classed as obese which carried a very high risk to their health because of their weight. In 2012, this had increased to 22% of men.

Source: [Health and Social Care Information Centre \(2012\)](#)

New data are now available from the [Active People Survey](#) from Sport England on the prevalence of excess weight (overweight including obesity, BMI equal to or greater than 25kg/m<sup>2</sup>) in adults (age 16 and over) at local authority level.

This is an indicator in the [Public Health Outcomes Framework \(PHOF\)](#) Health Improvement domain and the England rate is 63.8%. There is a set of supporting indicators for adult underweight, healthy weight, overweight, and obesity prevalence available from the [PHE obesity](#) webpage.

The [2012-2013 National Child Measurement Programme](#) records bodyweight of children at reception and year 6 ages of children at school. In England, 76.9% of children at reception age were recorded as healthy weight compared to 65.4% at year 6. Of the remainder, 12.9% were classed as overweight with a further 9.5% obese at reception age. At year 6, this was recorded as 14.4% overweight with a further 19.0% obese.



Source: The Health and Social Care Information Centre, Lifestyle Statistics / Department of Health Obesity Team NCMP Dataset  
Copyright © 2013. The Health and Social Care Information Centre, Lifestyle Statistics. All Rights Reserved.

## The Regional Picture

According to the [Health Survey for England \(HSE\)](#), obesity prevalence in Yorkshire & Humber during 2009 – 2011, for females is the highest in England.

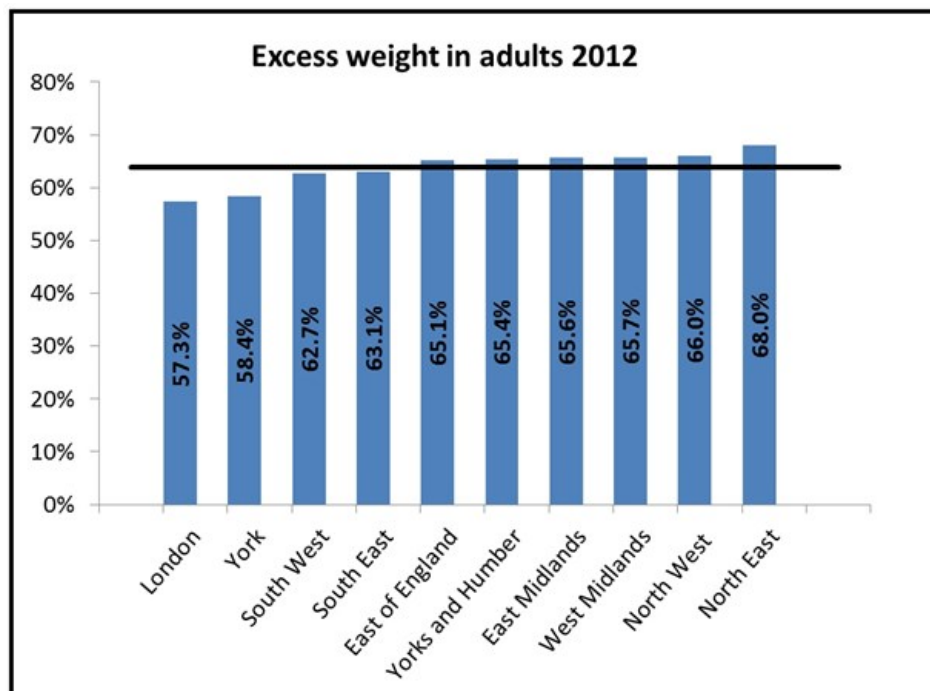
For both males and females the prevalence of obesity has consistently risen since the 1980's in line with the national trend.

Adult Males (aged 16+ years) regional level age standardised obesity prevalence (%)									
Males	North East	North West	Yorkshire & the Humber	East Midlands	West Midlands	East of England	London	South East	South West
2008-2010	25.4	23.9	24.5	23.2	25.7	22.9	22.2	23.9	25.5
2007-2009	26.6	23.5	24.6	22	24.5	21.6	21.1	22.3	24.6
2006-2008	26.7	23.1	25.7	23.3	25.4	21.7	20.6	24.1	23
2005-2007	27	23.4	24.8	24.9	25.9	22.4	18.1	23.1	21.1
2004-2006	24.8	22.4	23.9	24.8	26.2	22.8	17	22.8	20.9
2003-2005	22.4	22.3	23.5	23.6	23.6	23.8	17.1	20.2	21.3
2002-2004	23.6	22.3	24.8	23.7	22.9	22.5	17.4	20.5	20.3
2001-2003	23.8	21.5	23.6	23.2	22.6	20.7	17.9	19.5	18.9

2000-2002	24.5	20	22.2	23	22.3	19.2	17.9	19.8	18.4
1999-2001	23.6	19.9	19.7	20.5	21.2	18.9	18.1	18.2	18.4
1998-2000	18.1	17.9	18.5	17.4	20.7	17.3	16.4	17.4	16.7

Adult Females (aged 16+ years) regional level age standardised obesity prevalence (%)									
Females									
	North East	North West	Yorkshire & the Humber	East Midlands	West Midlands	East of England	London	South East	South West
2008-2010	27.4	23.5	27.4	27.2	26.1	23.1	22	22.7	24.5
2007-2009	28.5	22.8	26.5	25.5	25.9	23.4	21.7	22.4	23.9
2006-2008	28.3	22.5	25.5	24.3	26.4	23.6	22.2	23.4	22.6
2005-2007	27.4	23.4	24.3	24.3	26.1	24.3	18.9	24.5	22.7
2004-2006	26.4	22.1	24	25.9	26.3	22.8	19.1	22.1	23.1
2003-2005	25.5	23.8	23.7	24.5	26.9	22.9	19.2	20	21.2
2002-2004	22.6	23	24	25.3	26	22.4	21.6	19	18.6
2001-2003	23.6	21.9	24.1	24.4	26.5	22.7	21.3	19.5	20.3
2000-2002	22.6	21.3	23.3	25.2	25.4	21.4	21.7	19.7	19.5
1999-2001	21.5	20.7	21.8	23.4	26.4	20.9	20.2	18.9	21.4
1998-2000	19.8	21	20.5	24.3	23.5	19.6	20.2	17.7	18.8

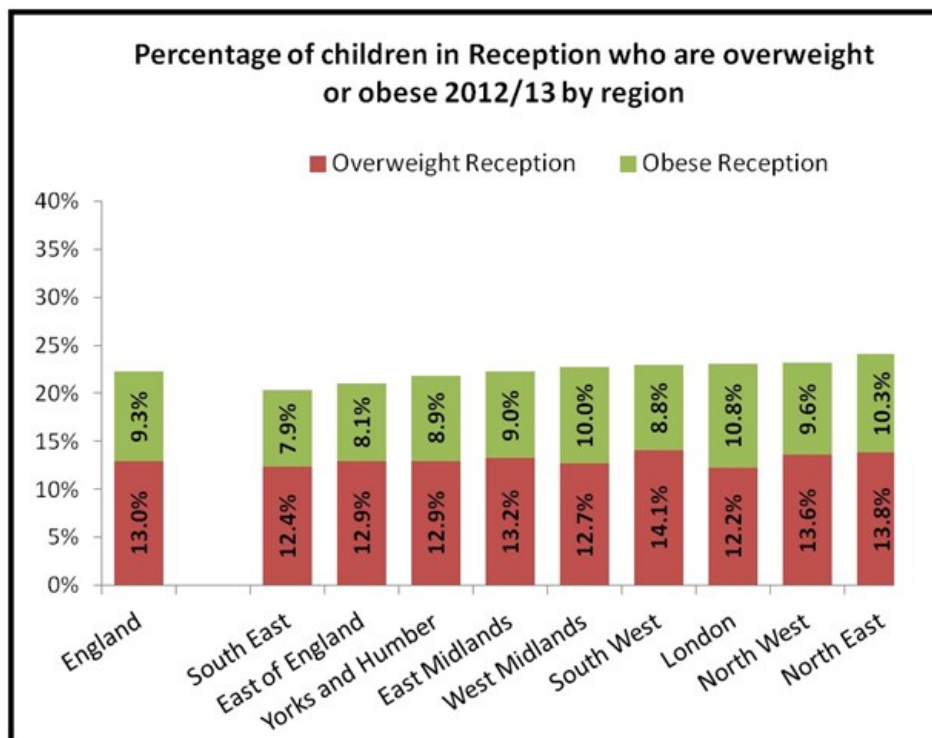
The prevalence of excess weight in adults in Yorkshire and Humber is estimated to be 65.4%. This is based on the new data available from the [Active People Survey](#)



Source: Active People Survey: Sport England

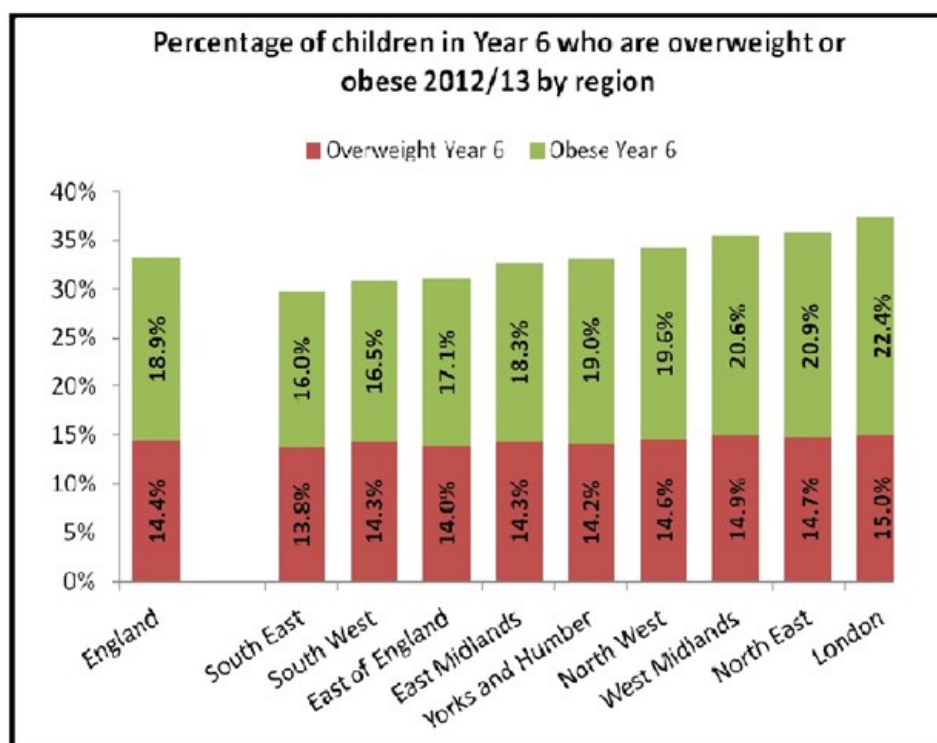
## Children

Regional National Child Measurement Programme (NCMP) data below show that in Yorkshire & Humber the percentage of overweight and obese children in Reception class is 21.9%, which is lower than the England average of 22.9%. In Year 6 the percentage overweight and obese is 33.2% in Yorkshire & Humber, similar to the national rate of 33.3% (National Child Measurement Programme, 2013).



Source: The Health and Social Care Information Centre, Lifestyle Statistics / Department of Health Obesity Team NCMP Dataset

Copyright © 2013. The Health and Social Care Information Centre, Lifestyle Statistics. All Rights Reserved



Source: The Health and Social Care Information Centre, Lifestyle Statistics / Department of Health Obesity Team NCMP Dataset

Copyright © 2013. The Health and Social Care Information Centre, Lifestyle Statistics. All Rights Reserved

What does this look like in York?



What else can be done?



# References

- 1** Department for Business, Innovation & Skills (2007). Foresight – Tackling Obesities: Future Choices  
[Foresight – Tackling Obesities: Future Choices](#)
- 2** Department of Health (2001) Modern Standards & Service Models – Diabetes: National Service Framework Standards  
[Modern Standards & Service Models – Diabetes: National Service Framework Standards](#)
- 3** Health & Social Care Information Centre (2011). Health Survey for England 2011: Diabetes and Hyperglycaemia  
[Health Survey for England 2011: Diabetes and Hyperglycaemia](#)
- 4** Health & Social Care Information Centre (2011) Infant Feeding Survey 2010  
[Infant Feeding Survey, 2010](#)
- 5** Local Government Association (2013) Social Care and Obesity: A Discussion Paper  
[Social Care and Obesity: A Discussion Paper](#)
- 6** Health & Social Care Information Centre (2012) National Child Measurement Programme  
[National Child Measurement Programme](#)
- 7** National Obesity Observatory Public Health England (2009) Body Mass Index as a Measure of Obesity  
[Body Mass Index as a Measure of Obesity](#)
- 8** National Obesity Observatory Public Health England (2009) A Simple Guide to Classifying Body Mass Index in Children  
[A Simple Guide to Classifying Body Mass Index in Children](#)
- 9** National Obesity Observatory Public Health England (2009) Obesity and overweight surveillance in England: what is measured and where are the gaps  
[Obesity and overweight surveillance in England: what is measured and where are the gaps](#)
- 10** National Institute for Health & Care Excellence (2006) Obesity guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children  
[Obesity guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children](#)
- 11** National Institute for Health & Care Excellence (2006) Maternal & Child Nutrition  
[NICE Public Health Guidance 11](#)
- 12** National Institute for Health & Care Excellence (2013) Assessing body mass index and waist circumference thresholds for intervening to prevent ill health and premature death among adults from black, Asian and other minority ethnic groups in the UK  
[NICE Public Health Guidance 46: Assessing body mass index and waist circumference thresholds for intervening to prevent ill health and premature death among adults from black, Asian and other minority ethnic groups in the UK](#)
- 13** Robertson, A. Lobstein, T. Knai, C. (2007) Obesity and socio-economic groups in Europe: Evidence review and implications for action  
[Obesity and socio-economic groups in Europe: Evidence review and implications for action](#)
- 14** UNICEF (2013) The Baby Friendly Initiative  
[The Baby Friendly Initiative](#)
- 15** Waters E, de Silva-Sanigorski A, Burford BJ, Brown T, Campbell KJ, Gao Y, Armstrong R, Prosser L, Summerbell CD (2010) Interventions for preventing obesity in children  
[Interventions for preventing obesity in children](#)
- 16** World Health Organisation (2013) Obesity  
[Obesity](#)
- 17** National Institute for Healthcare & Excellence (NICE) (2013). Public Health Draft Guidance: Managing Overweight and Obesity in Adults.  
[Public Health Draft Guidance: Managing Overweight and Obesity in Adults.](#)
- 18** Health & Social Care Information Centre (2012) Quality and Outcomes Framework 2011-2012  
[Health & Social Care Information Centre \(2012\) Quality and Outcomes Framework 2011-2012](#)

## In this section

[Alcohol](#)

[Drugs and Other Substances](#)

[Physical Activity](#)

[Sexual Health](#)

[Smoking](#)

[Teenage Pregnancy](#)

[Weight and Obesity](#)

This page was last updated on 27 January 2015

This page will be reviewed by 27 January 2016

[Introduction](#)  
[Population](#)  
[Living in York](#)  
[Lifestyles in York](#)  
[Health & ill health](#)  
[Recommendations](#)

[About](#)  
[Updates](#)  
[Useful links](#)  
e: [healthandwellbeing@york.gov.uk](mailto:healthandwellbeing@york.gov.uk)

[Download PDF](#)



© City of York Council 2017