

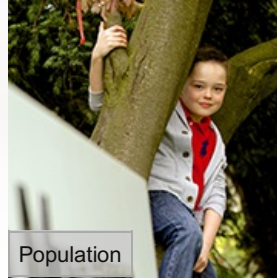


York Health & Wellbeing

A Joint Strategic Needs Assessment



Introduction



Population



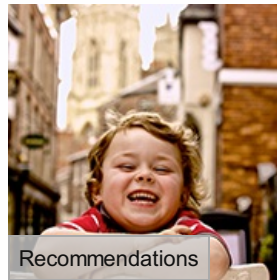
Living in York



Lifestyles in York



Health & ill health



Recommendations

Weight and Obesity [Download this section](#)

Why is this an issue?



What is the national picture?

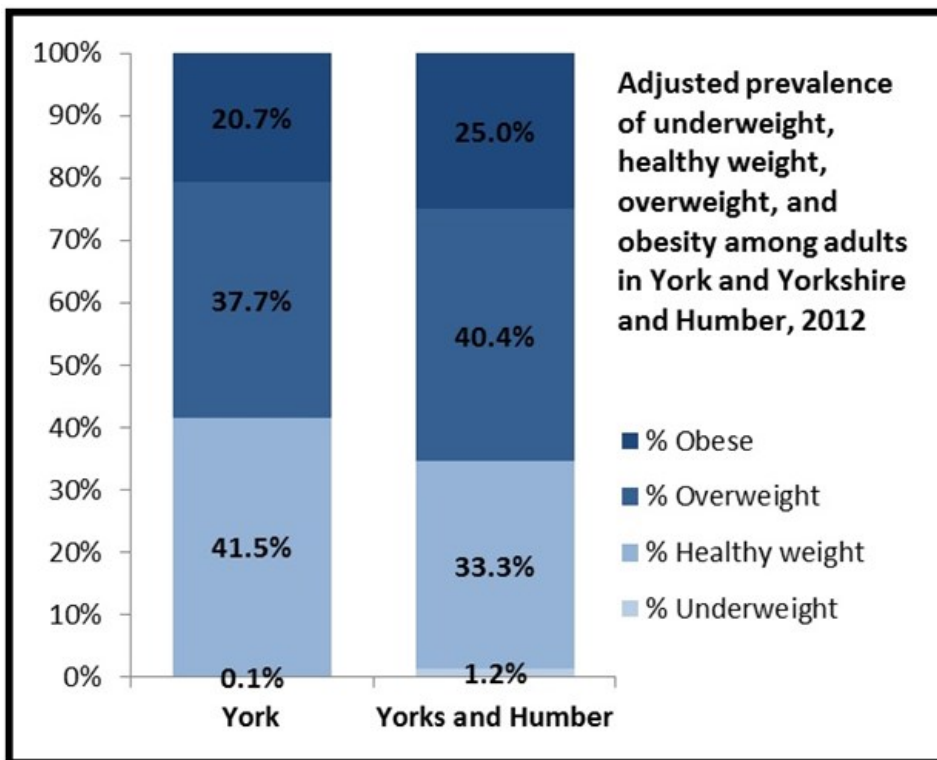


What does this look like in York?



Adults

Based on the new data available on the Public Health Outcomes Framework (PHOF) from the Active People Survey, the prevalence of excess weight in adults In York is estimated to be 58.4%. The chart breaks down the data collected for York and compared to Yorkshire and Humber.



Source: Active People Survey: Sport England

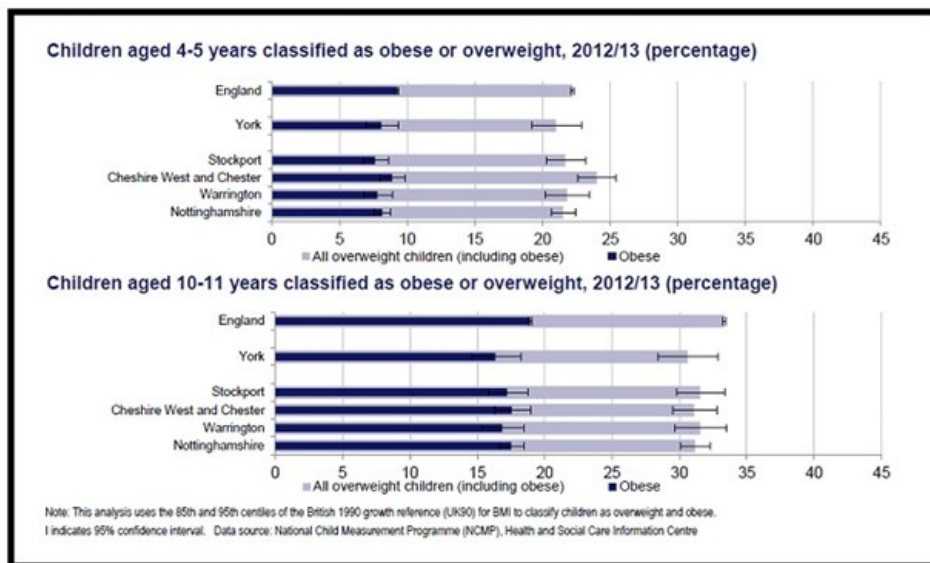
Obesity data available for local GP practices show a lower prevalence of obesity than national figures from the Active People Survey suggest. Figures recorded at GP practice level are generally regarded as an underestimate of the true levels of obesity in the practice population ([National Obesity Observatory, 2009](#)).

The [prevalence of obese adults \(16+\) known to all GP's](#) in the City of York Council boundary during 2011-12 was 9.4%, much lower than the Active People Survey 2012 data which shows a prevalence of 20.7%. This suggests that there may be obese or overweight individuals who are not receiving any interventions focussed around their bodyweight at their GP practice.

In comparison to the regional [Yorkshire & Humber](#) figure for obese adults of 25.0%, York fares slightly better. This should be taken in the context of a national rising trend of obesity as well as the fact that England has one of the most obese populations in the world.

Children

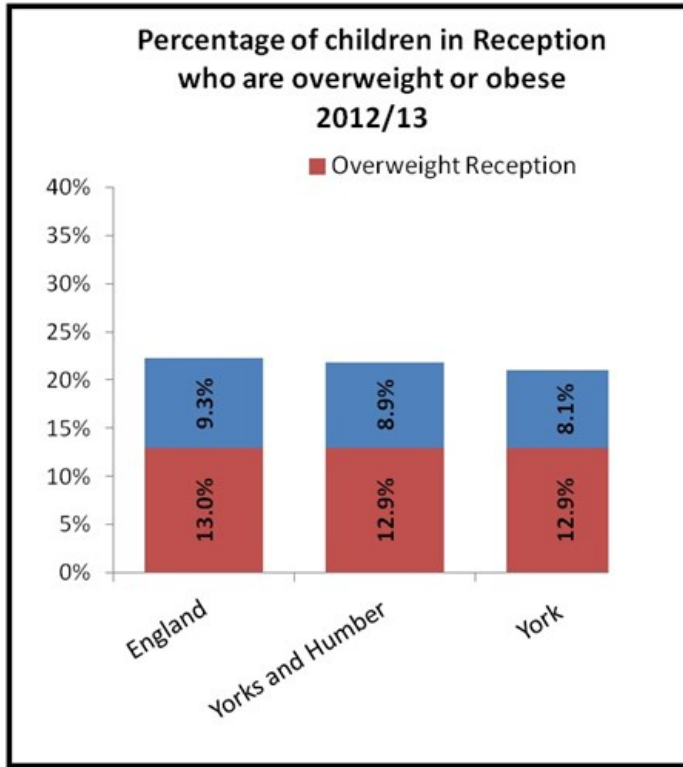
The [National Child Measurement Programme](#) charts below show the percentage of children classified as obese or overweight in Reception (aged 4-5) and Year 6 (aged 10-11 years) by local authority compared to statistical neighbours. Statistical neighbours are other areas that share similar characteristics to York and so allow comparisons to be made between areas. York's performance against its statistical neighbours is shown below. York has a similar percentage of children at Reception and a lower percentage in Year 6 classified as obese or overweight compared to the England average.



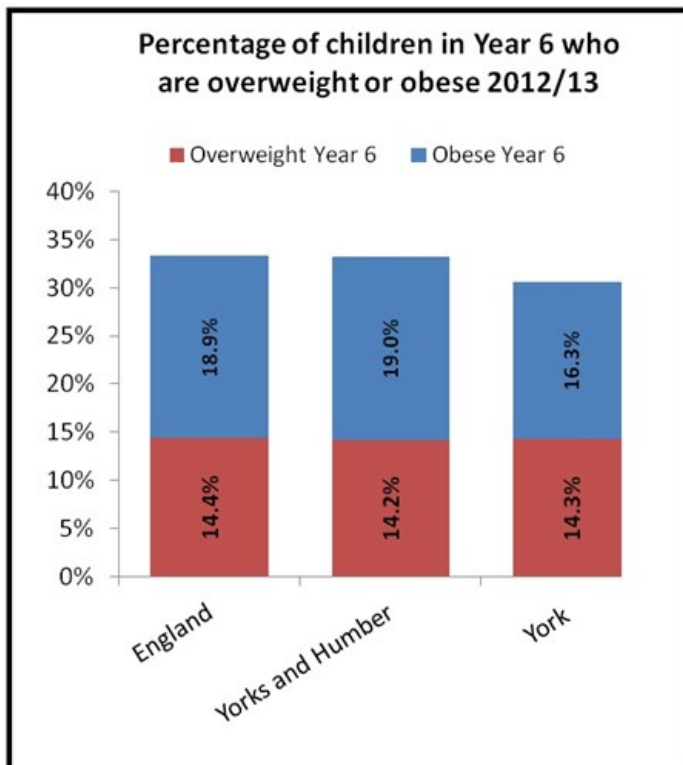
SOURCE: National Child Measurement Programme (NCMP), The Information Centre for Health and Social Care

However, local information shows that the rate of obesity almost doubles in the years between a child aged 4-5 years and aged

10-11 years.



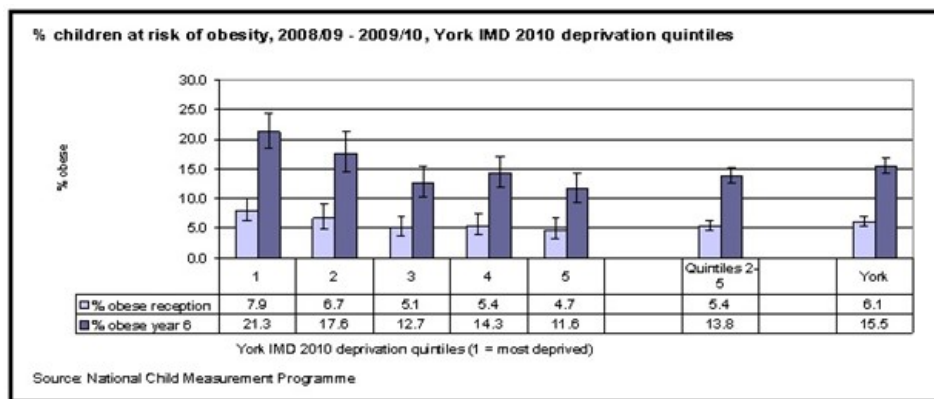
Source: The Health and Social Care Information Centre, Lifestyle Statistics / Department of Health Obesity Team NCMP Dataset
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National and international data shows that obesity is linked to deprivation, with those living in more deprived areas more likely to be obese than people living in more affluent areas. This effect is known to be more pronounced for women and children who are living in deprivation (Robertson et al, 2007).

The correlation between deprivation and obesity is also shown to exist in York as the chart below shows.



SOURCE: National Child Measurement Programme (NCMP), The Information Centre for Health and Social Care

A full suite of information about obesity can be accessed from the Public Health England National Obesity Observatory at: <http://www.noo.org.uk/visualisation>

What else can be done?



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e: healthandwellbeing@york.gov.uk

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