

Childhood obesity.

What is the scale of the problem?



It is estimated that the costs of being overweight or obese to the NHS will continue to rise from

£6.1 billion

spent in 2014/2015 to...

£9.7 billion

in 2050 (Government Office for Science, 2007)



In England

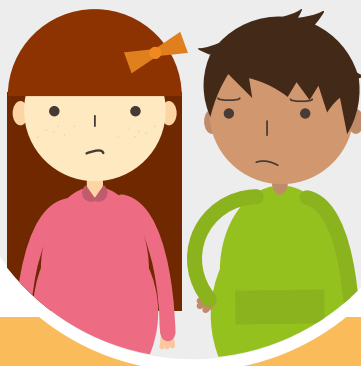
1 in 5

4 to 5 year olds are overweight or obese

Increasing to

1 in 3

10 to 11 year olds (Public Health England, 2017)



Boys are **more likely** to be obese by the age of 10 or 11

22%

of boys are obese by age 10 or 11

18%

of girls are obese by age 10 or 11

(House of Commons, 2018)

Obesity amongst the most deprived 10% of children in England is **approximately twice** that of the least deprived 10% of children

(Public Health England, 2017)

Least deprived 10% of children

Most deprived 10% of children



A child is at **greater risk** of obesity if one of their parents, in particular their same sex parent, is obese. A mother who is obese is **ten times more likely** to have an obese child than healthy weight parents

(International Journal of Obesity, 2009)

Sugary drinks make up

30%

of 4 to 10 year olds' daily sugar intake

(National Diet and Nutrition Survey, 2012)

1 in 5

children eat food from out-of-home food outlets at least once a week

(Public Health England, 2017)

In England only...



23%

of boys aged 5 – 15



20%

of girls aged 5 – 15

meet the recommended level of physical activity each day

(National Diet and Nutrition Survey, 2012)

One in five children have said that they are less active due to a lack of sports or activities they enjoy

(Public Health England, 2017)



The bigger picture...

Obesity is associated with lower emotional health, **poor sleep**, and many children experience **bullying** linked to their weight

(Public Health England, 2017)

What do you think about the scale of the problem?

Join the debate on our website:

www.social-change.co.uk/blog