

Obesity, physical activity and diet in Hull 2014: Summary

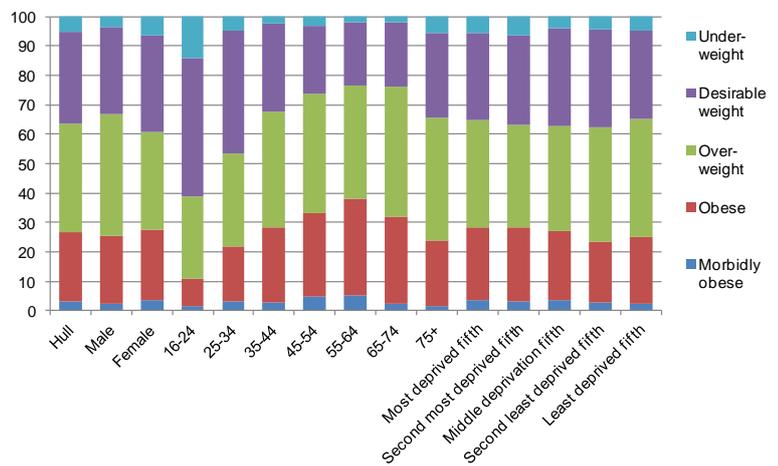
1. WHY ARE OBESITY, PHYSICAL ACTIVITY AND DIET IMPORTANT?

- ❖ Each year in Hull, it is estimated that there are around 150 deaths attributable to obesity and around 75 deaths attributable to physical inactivity (although total will be fewer than 225 as physical inactivity and obesity are related). Figures are not available for poor diet.
- ❖ In 2006-07, the cost to the NHS in the UK was estimated to be £5.8 billion for poor diet-related ill health, 35.1 billion for overweight and obesity and £0.9 billion for physical inactivity.
- ❖ Excess weight among children, and physical activity and inactivity among adults are all performance indicators included in Hull's Health and Wellbeing Strategy 2014-2020.
- ❖ The use of green spaces for exercise and health, excess weight among children and adults, physically active and inactive adults, and diet are all indicators within the Public Health Outcomes Framework.

2. KEY POINTS FROM HEALTH AND LIFESTYLE SURVEY 2014

Over five thousand adults in Hull, representative of the population, were asked about lifestyle behaviours, including diet, physical activity, and their height and weight, between September and December 2014.

- ❖ **Over one-quarter of survey responders were obese* (almost two-thirds overweight or obese).** Overall, 26.5% were obese (including 3.1% who were morbidly obese). A further 37.1% were overweight. Only 5.0% were underweight.



- ❖ **Women were more likely to be obese but less likely to be overweight than men.** Among women, 28% were obese and 33% overweight (25% and 41% for men respectively). Men were slightly more likely to be overweight or obese (67% versus 61%).

- ❖ **People aged 55-64 years had the highest prevalence of overweight and obesity.** Eleven percent of those aged 16-24 years were obese increasing to 38% among those aged 55-64 years and then falling to 24% among those aged 75+ years. The prevalence of overweight alone increased with age from 28% among those aged 16-24 years to 32% for those aged 25-34 years and around 41% for those aged 35+ years (with relatively few differences in prevalence among those aged 35+ years).

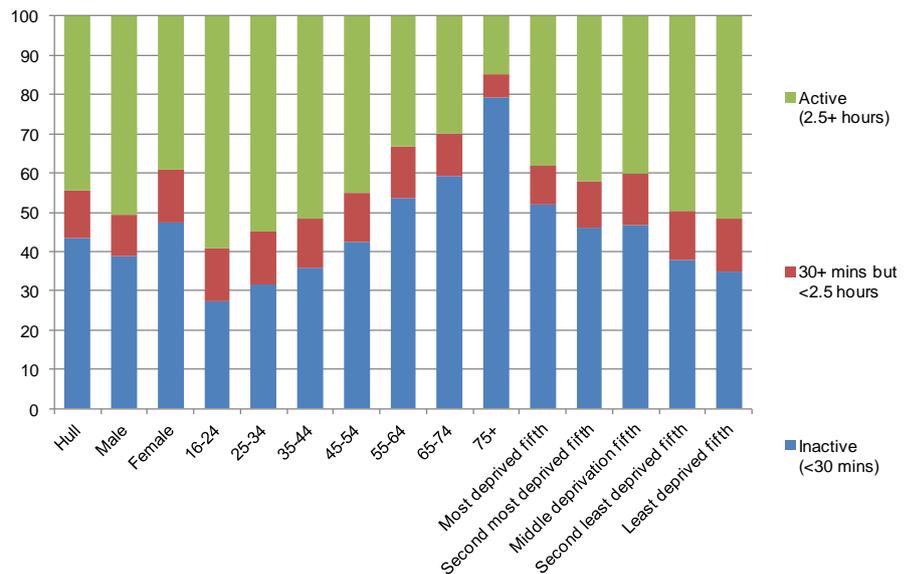
* Heights and weights were adjusted to attempt to compensate for people overestimating their heights and underestimating their weight. Body mass index (BMI) was calculated as weight (in kilograms) divided by the square of height (in metres). Underweight was defined as BMI < 20, overweight as BMI 25-29.9, and obese as BMI 30+ (morbidly obese as BMI 40+).

- ❖ **There were only small differences in the prevalence of overweight and obesity by deprivation (62% to 65%).** However, people living in the most deprived areas were slightly more likely to be obese (28%) compared to people living in the least deprived areas of Hull (25%), and slightly less likely to be overweight alone (36% versus 40%).
- ❖ **It is estimated that there are 132,500 people aged 16+ years living in Hull who are overweight or obese.** This includes 55,200 who are obese (and 6,600 morbidly obese).
- ❖ **Obesity prevalence has increased in Hull over time, but not the prevalence of overweight alone.** From local surveys, the prevalence of obesity has increased by 0.59 percentage points per year (more than twice that of England), but the prevalence of overweight has decreased (0.39 percentage points per year – three times the decline of England). Nevertheless, the prevalence of overweight and obesity combined has increased by 0.20 percentage points per year (0.14 for England).

❖ **One-third fulfilled the 2011 national physical activity guidelines and 44% fulfilled the 2012 guidelines**.**

Overall, 44% were physically inactive (<30 minutes of moderate activity per week).

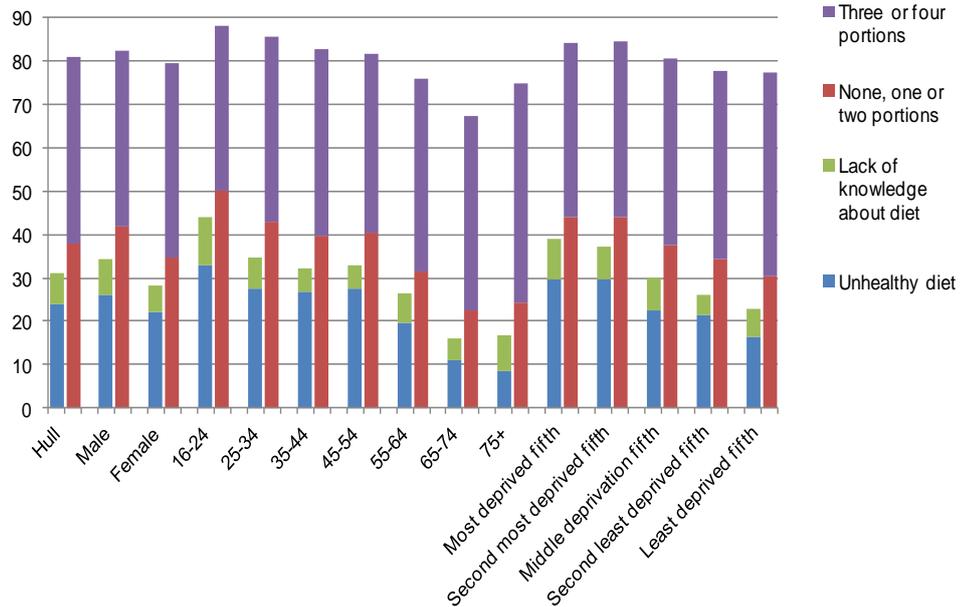
- ❖ **Men, younger people and those living in the least deprived areas were much more likely to fulfil the 2012 guidelines.** Half of men fulfilled the guidelines compared to 39% of women, as did 59% of those aged 16-24 years compared to 15% of those aged 75+ years. Percentages were 38% and 52% for most and least deprived fifths respectively.



- ❖ **Similar percentages fulfilled the 2011 national guidelines in 2007 and 2011, but this increased in 2014.** However, there were three exceptions: (i) the latterly increase was greater among men than women; (ii) the decrease in percentage never physically active was greater for men than women; and (iii) among those aged 45+ years percentages fulfilling the guidelines increased between 2007 and 2011 and between 2011 and 2014, but among younger age groups the increase was only apparent between 2011 and 2014.
- ❖ **It is estimated that 90,700 people aged 16+ years are physically inactive in Hull.** A further 92,400 are physically active (fulfils 2012 guidelines).
- ❖ **Physical activity levels are much higher in England.** Percentages fulfilling the 2012 guidelines were 44% in Hull and 56% in England (in 2012).
- ❖ **One-quarter admitted to eating an unhealthy diet, and only 19% ate 5-A-DAY.** Seven percent did not know if they had a healthy diet or didn't know what a healthy diet was, and the remaining 69% ate a healthy diet. Survey responders ate on average 3.1 portions of fruit and vegetables daily, well below the recommended five portions.

** 2011 guidelines: 5+ weekly sessions of 30+ minutes of moderate or vigorous physical activity (2.5 hours). 2012 guidelines: still 2.5 hours of physical activity per week, but at a moderate level (or 75 minutes at a vigorous level) and needs to be in 'bouts' of 10 minutes or more (not 30+ minutes).

- ❖ **Older people were much more likely to eat a healthier diet compared to the young.** Differences between the genders were slight with 72% of women and 66% of men eating a healthy diet, and 21% of women and 18% of men eating 5-A-DAY. Just over half (56%) of people aged 16-24 years ate a healthy diet compared to 83% of those aged 75+ years. Only 12% of 16-24 year olds ate 5-A-DAY compared to one-third of 75+ year olds. More than half of people aged 16-24 years ate zero, one or two portions of fruit and vegetables daily compared to fewer than one-quarter of those aged 65+ years.



- ❖ **Diets were worse for people living in the most deprived areas of Hull.** Six in ten (61%) stated they ate a healthy diet among those who lived in the most deprived fifth of areas compared to almost eight in ten (77%) among those living in the least deprived fifth of areas. Among the most deprived fifth, 16% ate 5-A-DAY compared to 23% in the least deprived fifth of areas with 44% eating zero, one or two portions of fruit and vegetables daily in the most deprived fifth compared to 31% among those living in the least deprived fifth of areas.
- ❖ **It is estimated that 14,000 people aged 16+ years in Hull usually eat no fruit and vegetables.** A further 25,800 only eat one portion daily. Overall, it is estimated that 50,000 people in Hull do not have a healthy diet, and a further 15,000 lacks knowledge about what constitutes a healthy diet.
- ❖ **Fewer people in Hull report eating a healthy diet.** In 2004, 62% reported eating a healthy diet and this increased to 75% in 2007 and 79% in 2009, but has decreased to 72% in 2011-12 and to 69% in 2014. In 2007, 23% ate 5-A-DAY, increasing to 28% in 2009 but since falling to 20% in 2011-12 and to 19% in 2014.

3. WHAT DOES THIS MEAN FOR HULL?

- ❖ To reduce health inequalities in Hull, it is necessary to target the wards which have the highest prevalence of overweight and obesity, poor diet and physical inactivity. Residents of Myton, Orchard Park and Greenwood, and Marfleet wards tended to have the poorest diets (in terms of unhealthy diets, lack of knowledge and 5-A-DAY). Residents of Newington, Bransholme West, and Orchard Park and Greenwood had the highest levels of obesity, whereas Southcoates West, Bricknell and Holderness had the highest prevalence of overweight residents. Residents in St Andrew's were the least physically inactive, as well as those in Derringham and Newington.
- ❖ Levels of obesity, poor diet and physical inactivity are high in Hull relative to England. Whilst it is encouraging that the percentage undertaking physical activity has increased, it appears that the percentage eating healthily has decreased and the percentage of people who are overweight or obese (particularly those obese) has increased over time. The reasons for this need to be ascertained.