

HELP CARD

Obesity

- People are often said to be obese if they have a weight to height ratio or BMI (body mass index) over 30.
- Around one quarter of adults in the UK are obese.
- In the past 10 years, obesity has doubled in six year olds and trebled amongst 15 year olds.
- Almost 30% of children in the UK are overweight or obese.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.
- Obesity may be caused by inappropriate diet, sedentary life style and genetic factors.
- Chronic health problems linked to obesity include: heart disease; high blood pressure; osteoarthritis; and Type 2 diabetes.

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Obesity & Lifestyle

- Children in Britain eat on average only 2 portions of fruit and vegetables per day.
- 4-18 year olds eat higher than recommended amounts of saturated fat and sugar.
- Portion sizes are increasing, particularly of 'energy dense' snacks and fast foods.
- Schoolchildren spend about £600 million a year on snacks on the way to and from school in the UK.
- Around 50% of children have less than the one hour recommended physical activity per day.



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Let'sTalk



Obesity & Type 2 Diabetes

- Diabetes is a condition where sufferers cannot control the sugar level in their blood. Type 1 diabetes usually begins in childhood whereas Type 2 diabetes is usually seen in much older people.
- Type 2 diabetes is a disease which is linked with diet and obesity.
- Type 2 diabetes is now being seen in obese school children - previously it was only seen in adults.
- The vast majority of people with Type 2 diabetes are overweight or obese.
- Almost 400 million people worldwide have diabetes.
- More than 10% of the NHS budget will go on treating diabetes - this is about £300 per second.