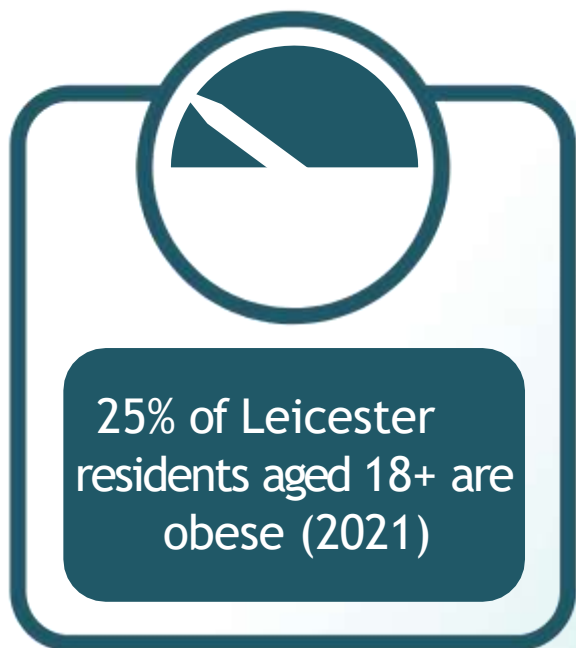
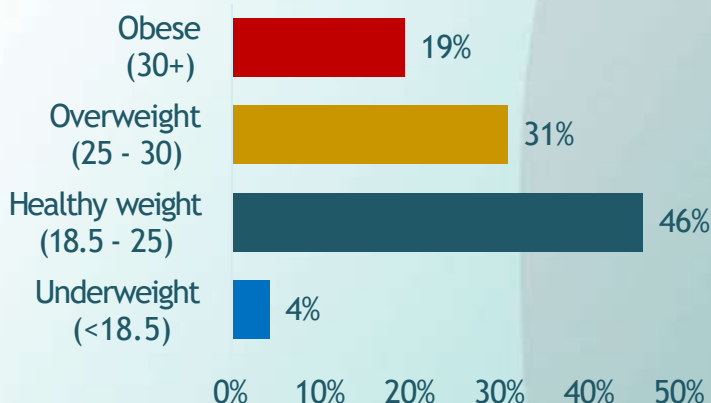


# Joint Strategic Needs Assessment: Healthy weight summary

Obesity is a major public health issue and is associated with a range of health conditions including diabetes, heart disease, stroke, cancer, liver disease, and depression and anxiety.



## Leicester adults (16+) BMI weight category

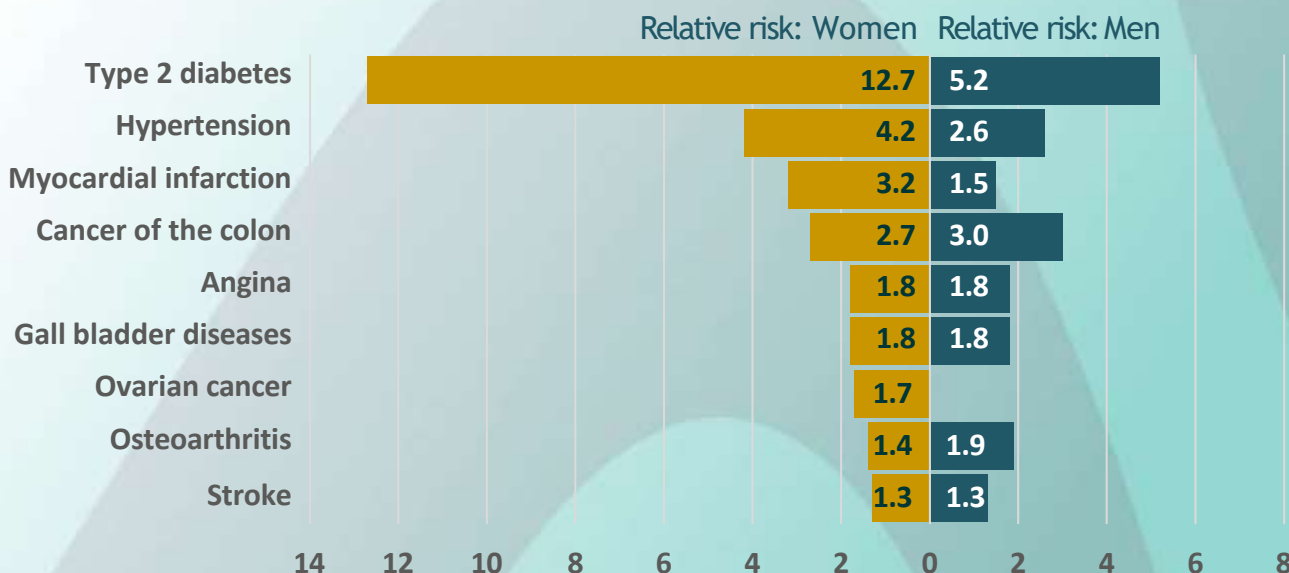


Source: Leicester Health and Wellbeing Survey 2018

Obese people have a drastically increased risk of developing a range of conditions, relative to those of a healthy weight (shown below). Leicester is estimated to have a significantly higher prevalence of diabetes than England.

### Groups more likely to be obese:

- 44-64 year olds
- Low level of education
- Poor mental health
- Limiting long-term illness or disabled



Source: National Audit Office, Tackling Obesity in England (2001)



A poor diet is one of the primary causes of obesity. Only one in five Leicester residents say they eat the recommended 5 or more portions of fruit and veg per day.



Unused energy is stored by the body as fat. One in nine Leicester residents do less than 30 minutes of physical activity a week and are therefore classified as physically inactive.



Black and South Asian ethnicities have a higher risk of chronic health conditions at a lower BMI. This can obscure the challenges posed by Leicester's relatively low excess weight prevalence.

## Current services in Leicester

Promotion of and signposting to universal services such as leisure centres, sports clubs.

Service to support people with a BMI over 35 and a co-morbidity or BMI over 40 provided by partners including UHL, Leicester Diabetes Centre and LNDS

Bariatric surgery for people with a BMI over 50 where other interventions have not been effective

Live Well Leicester assesses clients and refers on to relevant services

# Obesity Chapter: Key Statistics

Significantly better than England

Significantly worse than England

Table 1. Leicester Health and Wellbeing Survey 2018	Leicester
Obesity prevalence	19%
Overweight prevalence	31%
Combined obese and overweight prevalence*	50%
Perceive themselves to be overweight	44%
Physically inactive (less than 30 minutes physical activity per week)	11%
Physically active (at least 150 minutes physical activity per week)	58%
Eat the recommended 5 portions of fruit or veg per day	21%
Eat a takeaway at least once a week	39%
Thinking of eating more healthily in the next 6 months	44%
Thinking of doing more exercise in the next 6 months	37%
Thinking of losing weight in the next 6 months	32%

Source: Leicester Health and Wellbeing Survey 2018, Leicester City Council, <https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/>

Table 1l. National comparisons	Leicester	England
Combined obese and overweight prevalence*	55%	62%
Fast food outlets per 100,000 population	137.6	96.5
Age-standardised bariatric surgery rate per 100,000 pop.	3	12.4

Sources: Public Health England, Fingertips <https://fingertips.phe.org.uk/>; Public Health England, Density of fast food outlets; NHSD, Statistics on Obesity, Physical Activity and Diet

\*Estimates from the Health and Wellbeing Survey and the Active Lives Survey are not directly comparable.