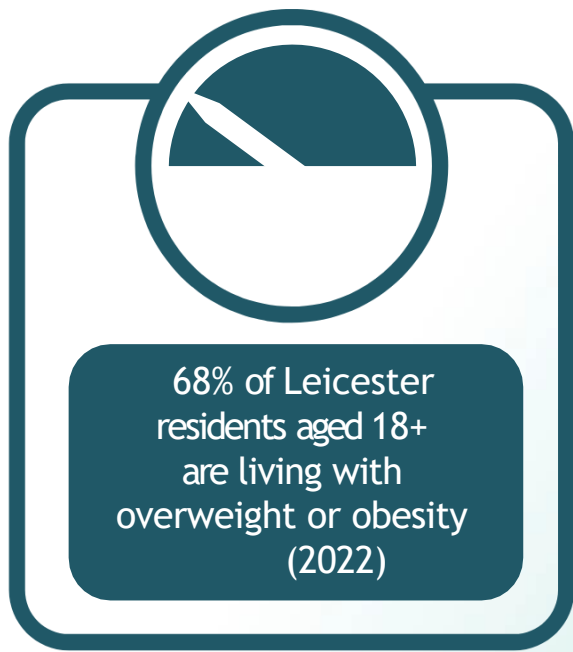
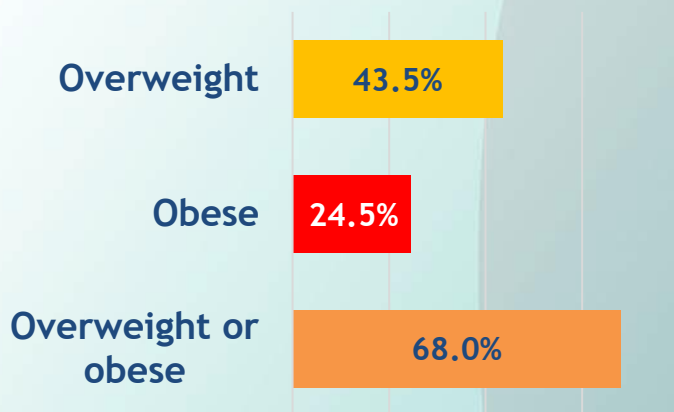


# Joint Strategic Needs Assessment: Healthy weight summary

Obesity is a 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 living with overweight and obesity

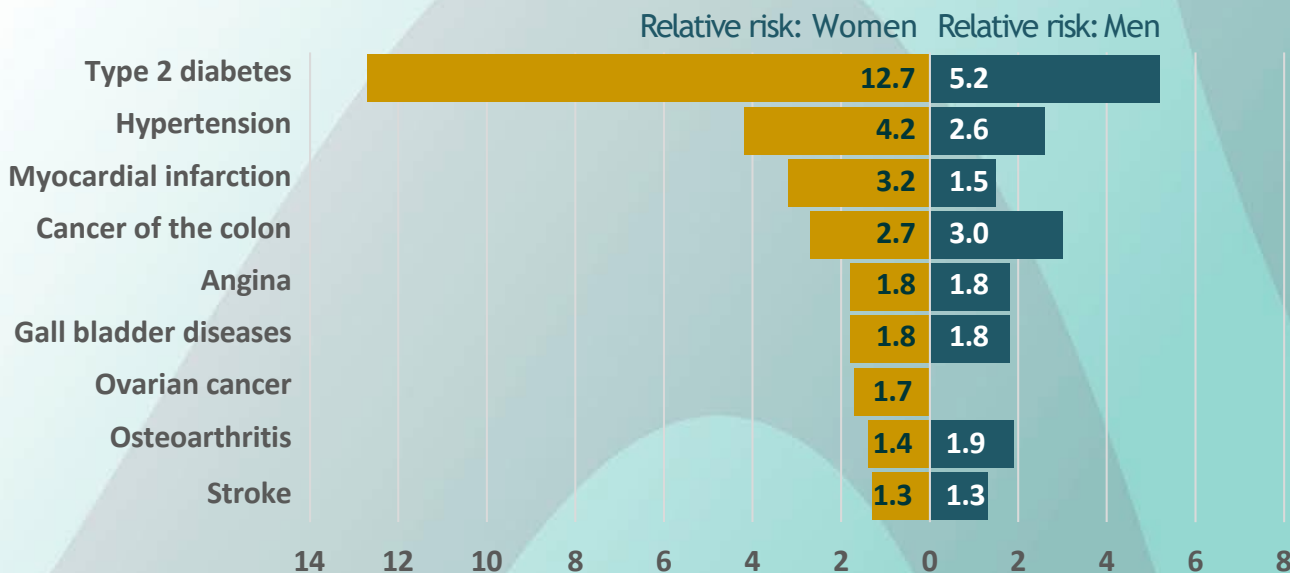


Source: OHID Obesity Profile

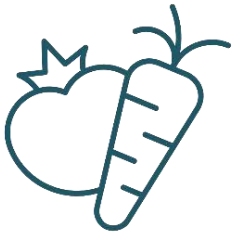
People living with obesity have an increased risk of developing a range of conditions, relative to those of a healthy weight (shown below). Leicester is estimated to have a significantly higher prevalence of diabetes than England.

### Groups more likely to experience obesity:

- 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.

## 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

Leicester City Public Health prevention focused Whole System Approach to Healthy Weight

# Obesity: Key Statistics

	Significantly better than England	Significantly worse than England	Similar to England
National comparisons	Leicester	England	
Obesity prevalence	24.5%	25.9%	
Overweight prevalence	43.5%	37.9%	
Combined obese and overweight prevalence	68.0%	63.8%	
Meet the recommended 5 portions of fruit and vegetable consumption per day	27.0%	32.5%	
Fast food outlets per 100,000 population	137.6	96.5	
Age-standardised bariatric surgery rate per 100,000	3.0	12.4	
Physically inactive adults (less than 30 minutes physical activity per week)	32.5%	22.3%	
Physically active adults (at least 150 minutes physical activity per week)	57.0%	67.3%	

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

Leicester Health and Wellbeing Survey 2018	Leicester
Perceive themselves to be overweight	44%
Eat 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%

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/>