FOOD FOR THOUGHT

EDUCATION & DIET
The Role of Education in Changing Diet

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Is this is the fattest local authority area?
Obesity Statics - UK

- There was a marked increase in the proportion of adults that were obese from 13.2 per cent in 1993 to 26.0 per cent in 2013 for men, and from 16.4 per cent to 23.8 per cent for women.

- In reception year (aged 4-5) in 2013/14, the proportion of obese children (9.5 per cent) was higher than in 2012/13 (9.3 per cent).

- In 2013, fewer men than women consumed the recommended five or more portions of fruit and vegetables on the previous day (25 per cent and 28 per cent respectively).

- In 2013/14, there were 9,325 Finished Admission Episodes (FAEs) in NHS hospitals with a primary diagnosis of obesity. This is over five times as high as ten years ago in 2003/04 (1,711).

- In 2013/14, there were 6,384 recorded Finished Consultant Episodes (FCEs) with a primary diagnosis of obesity and a main or secondary procedure of bariatric surgery. 2/13 (6,080 for females and 1,944 for males) and 2003/04 (378 for females and 96 for males).

- In 2013/14, there were 3,391 recorded FCEs with a primary diagnosis of obesity and a main or secondary procedure of bariatric surgery in the 45-64 age group. This accounts for 53 per cent of all bariatric surgery procedures.

- Drug items dispensed for treating obesity in 2013 (563,000) rose by 44 per cent from 2012 (392,000).
Physical Activity

- Seven out of 10 men and 8 out of 10 women fell below their age appropriate activity level.
- One in 6 people reported having done no activities for 20 minutes or more at a moderate or vigorous level in the previous four weeks.
Diet

- About 12,500 cancers in the UK each year are linked to alcohol.
- A high-fiber, low fat diet with plenty of fruit and vegetables reduce cancer risk.
- Only one third of people in the UK are eating the recommended 400g/day of fruit and vegetables.
- On average, UK adults are eating 14g/day of fiber.
- On average, UK adults get 33% of their daily energy intake from fat.
Measuring Impact

- Impact is defined as the immediate effect that health promotion programs have on people, stakeholders and settings to influence the determinants of health. Health promotion programs may have a range of immediate effects on individuals and on social and physical settings.

- The health benefits are expressed as Quality-Adjusted Life Years (QALYs) – or years of good health in lay terms.
“Do we have the knowledge?”

“Yes”

“Do we have the means?”

“Yes”

“Do we have the will?…”

Michael Marmot
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